



# CTF Sidekick News

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## Courtesy *and* Respect

*"I shall observe the Tenets of Taekwondo."*

As each student recites the tenets of Taekwondo, they begin with Courtesy. The importance of courteous behavior towards others cannot be overemphasized, and it is an integral part of our martial arts training. We must demonstrate courtesy towards all - Family, Teachers, Elders as well as other students of the martial arts. Only by being courteous towards others and by showing them respect can we expect to earn their respect for us.

*"I shall respect my instructors and seniors."*

The second statement of the Student Oath further emphasizes the need for courtesy and respect in the Dojang. How then do we show our respect in an appropriate manner?

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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)  
[rhardin@outlook.com](mailto:rhardin@outlook.com)



### **CHECK IT OUT!**

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

# Courtesy & Respect Cont'd

## RESPECT YOUR INSTRUCTORS

Taekwondo is an art that has been handed down from generation to generation for thousands of years. It is passed on by dedicated instructors who give their knowledge and time freely to those wishing to learn. For these gifts, we owe our instructors respect and gratitude. How can we show this?

- >Trust your instructor and their instructors. They have worked hard and have the knowledge and experience to help you develop your maximum potential.

- >Always be on time for class.

- >Listen carefully to your instructor's directions.

- >Always try to put your best effort into whatever your instructor asks. Remember, they are only trying to help you to improve.

- >Never talk to another student during class. This is not only disrespectful, but it can also disrupt or distract others in the class.

- >If you have a question, do not speak out until you are recognized, or wait until class is over and then discuss your question with your instructor.

- >If you have a guest instructor, be sure to follow their directions even if they are different from what your usual instructor has told you to do. It is very discourteous to question a guest! Remember that "when in Rome, do as the Romans do."

## RESPECT YOUR SENIORS

Courtesy to other students is very important to classroom discipline. Another student who has a higher belt than you has put forth the time and effort to earn their rank. This is worthy of respect in itself. Frequently, senior students may assist you with your training. This is the tradition of Taekwondo.

Taekwondo encourages each student to strive for personal improvement no matter what their level of talent may be. All of us have the ability to improve and use our individual strengths to their maximum. Often students with the least talent make the best students since they are willing to work for improvement rather than just trying to be "better" than everyone else. Please respect their effort and never tease or talk down to them because they lack coordination or flexibility or talent.

We must also respect our opponent's ability. We learn early that it is important to control our technique in order to avoid injuring each other, but we must also learn to respect each other's right to be successful. When a student tries only to score points on others while free sparring, he will not only fail to improve, but he will also find himself short of sparring partners.

Taekwondo builds character, not only muscles. Remember the lessons taught through the tenets of Taekwondo and use them in your everyday life.



**CHECK IT OUT!**

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



***Have you seen the CTF's website?***

Our website includes a lot of information about our organization and its senior instructors. In addition, we have up to date information for you about upcoming events, including the camps and tournaments. You can print your own copies of tournament and camp brochures.

***Newsletters***—Each month we post the monthly newsletter on the internet. This is the fastest way to get this information. It is usually posted between the 25th and the end of the month before the newsletter date. We also maintain a library of our past newsletters in case you want to check out some prior articles.

***Are you following the point standings for the National Championship competition?*** Current point totals are available on the web.

***Do you need to update information in your student manual?*** This information is available by belt levels through 1st Degree in the Student Manual section.

***Are you a Black Belt planning to test for higher rank?*** A schedule of upcoming Black Belt Testings and an Application to Test are available on the web.

***Do you need to renew your CTF membership?*** Just complete the form on the web and give it to your instructor or mail it to CTF, HC 31, Box 120, Deer, AR 72628. Your membership is what makes the CTF possible! Our purpose is to help you!

# A SHORT HISTORY OF TAEKWONDO

Although recently introduced to the Western World, Taekwon-Do has for centuries been an integral part of Korean Society. Not only is it an important part of Korean culture and heritage, it is also, in every sense of the word, a martial art, practiced throughout Korea on the military training fields, and in the gymnasiums of all of the high schools and universities

Translated literally, Taekwon-do means “Art of hand and foot fighting.” It is the scientific use of the body in methods of self-defense, a body that has gained the ultimate use of its facilities through intensive physical and mental training. It is a martial art that has no equal in either power or technique. Though it is a martial art, its discipline, techniques and mental training are the mortar for building a strong sense of justice, fortitude, humility, and resolve. ***It is the mental conditioning that separates the true practitioner from the sensationalist content with mastering only the fighting aspects of the art.***

Throughout the world, there are numerous styles of “hand and foot fighting.” In China it is given the names Koon-Tao, Kung Fu, or Daeji-Chen; in Japan, Karate or Kempo; in Malaysia, Basilat; in Thailand, Kick Boxing; in France, Savate; and in India, Selambam. Some of these forms of self-defense are as old as mankind itself, and it would be impossible to trace the hand and foot fighting of today back to any single beginning. There are certainly many legends regarding the origin of hand and foot fighting, and too often, some let legend be accepted as truth.

## Summer Training Schedule

### ***IS THIS HOW YOU FEEL?***

Now that summer is here, school is out, families are planning vacations, kids are attending camp, swimming every day—when is there time for TAEKWONDO?

Have you considered TAEKWONDO SUMMER CAMPS? Many of our schools are offering both

### ***Day Camps & Overnight Camps***

For more information, ask your instructor what special summer programs they are offering!

### ***OR THIS?***

Now that summer is here, I have time for a vacation and I am looking forward to spending my summer at:


- Taekwondo Day Camps
- Black Belt Summer Camp
- Tournament-Mt. Juliet, TN-July 25
- Spar Wars-Olive Branch, MS-Sept 19

Don't forget—Taekwondo is a sport you can practice on your own anywhere or anytime.

### TKD Trivia

1. How many letters are in the Korean alphabet?
2. On what side of your belt are your rank stripes?
3. Why don't we wear shoes in the Dojang?

# 2015 Black Belt Camps



**WOMEN'S CAMP**  
June 24-28  
Limestone, AR

**FALL CAMP**  
October 16-18  
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**



# 2015 CTF Tournaments

**SPAR WARS**

**JULY 25**

**SEPTEMBER 19**

**REGION I**

**REGION I**

**(SINGLE-RATED)**

**(DOUBLE-RATED)**

**MT. JULIET, TN**

**THE LANDERS CENTER**

**OLIVE BRANCH, MS**



## **CTF NATIONALS**

**NOVEMBER 7TH OR 14TH**

**DICKSON, TN**

## **CTF Black Belt Awards Banquet**

**December 12th**

**Colonial Country Club, Memphis, TN**

# 2015 CTF International Team Competitors



## Congratulations!

<b>Total Medals</b>	<b>35</b>
Gold	13
Silver	14
Bronze	8