

CTF Siderick News

Volume 22 Issue 6 • June 2016

Courtesy *and* Respect

What does courtesy mean to you?

Courtesy is the act of being considerate of and showing respect to others; being polite and caring. Everyone knows they should be courteous to their parents, brothers, sisters, grandparents, teachers, boss, co-workers, etc. If you learn to treat others with courtesy and respect, you will find they are easier to work with and will show you respect in return.

Courtesy and respect are very fundamental in our Taekwondo program. All students are taught from the beginning that we must show immediate respect for others due to age, position, knowledge or experience. New students are taught in their first private class the principle of courtesy and respect to instructors, our school, our nation and the nation of Korea where Taekwondo originated. The student should understand that without any of these, he would not be offered the gift of learning this martial art.

{Cont'd on page 2}

Inside this issue:

Courtesy & Respect cont'd	2
Stretching for Flexibility	3
Dojang Etiquette	4
2016 Black Belt Camps	5
Upcoming Events/ Health & Well-ness	6 & 7

NEW!!!!

***Fill out CTF forms online ***

-From your computer, smart phone or tablet

Visit www.choongsil.com to fill out your:

CTF New Membership

CTF Membership Renewal

Tournament Registration

Camp Registration

You can now sign your forms and pay online!

COURTESY & RESPECT

Cont'd from Page 1



General Choi Hong Hi, Grand Master and Founder of the International Taekwondo Federation, states that, “Taekwondo students should attempt to practice the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well.”

1. To promote the spirit of mutual concessions.
2. To be ashamed of one's vices, contemplating those of others.
3. To be polite to one another.
4. To encourage the sense of justice and humanity.
5. To distinguish instructor from student, senior from junior, and elder from younger.
6. To behave oneself according to etiquette.
7. To respect other's possessions.
8. To handle matters with fairness and sincerity.
9. To refrain from giving or accepting any gift when in doubt.

How do we show respect in Taekwondo?

The bow is the traditional way that we show respect in Taekwondo. It is rooted in the Oriental traditions from which Taekwondo has developed. It is not intended to show subservience, merely respect.

To what and whom shall we show respect?

- Our Nation and the Korean Nation for providing an environment in which we can learn and grow in the Taekwondo tradition. Martial artists have not always had this freedom. During the Japanese occupation of Korea, for example, the practice and teaching of Taekwondo was forbidden to the Korean

people. We show respect by bowing to the flags of these countries at the beginning and end of all Taekwondo activities.

- Our School or Dojang is also very important to training. We show respect by behaving in a disciplined manner whenever we are in school, keeping our school neat and clean and bowing as we enter or leave.
- Our instructors give us their knowledge, energy and example to assist us in our development as martial artists. For this, we show them respect by bowing, answering “Yes Sir or Ma’am”, when addressed, listening to them, obeying instructions, and always treating them in a courteous and respectful manner.
- Our seniors, whether in rank or age, are due respect for their greater achievements, experience and knowledge. We also treat them in a courteous manner. We always address a black belt, regardless of age, by using the titles Mr., Mrs., etc.
- Our parents or spouse deserve our respect as well, for their support and help in our study of martial arts. Respect should always be shown, not just in the classroom but at home as well.
- You should be as courteous to others as you would want them to be to you. The simple act of opening a door for someone, letting a person go before you in a line, letting someone in line in traffic and saying “Thank You” are easy ways to show courtesy and respect.

Stretching for Flexibility

Muscular performance - strength and endurance - is only half of total muscular fitness. The other half is flexibility. Flexibility is the ability of body segments to move freely over a wide range of motion without stiffness or resistance. Flexible muscles are less prone to soreness and injury and can help improve overall muscular performance since they are longer and less likely to “tear” or strain than tight, inflexible ones.

Static Stretching

Gentle static stretching exercises are perhaps the best means of keeping your muscles and joints flexible. Stretching for 5-10 minutes before vigorous activity can help reduce your risk of injury and stretching for an equal amount of time after rigorous activity can prevent muscle soreness. A consistent stretching program will improve your overall level of flexibility.

The best way to stretch a muscle is to do it slowly and gently. When you reach your maximum painfree stretch, don't bounce. Just hold the stretch until your muscles relax, usually 10-20 seconds. Because of this holding period, these types of stretches are called “static” stretches. Static stretches safely elongate your muscles as well as the tendons that attach them to the bone, thereby improving joint mobility.

Joint Mobility

Joint mobility is improved by flexible muscles, but there are also specific exercises that can work your joints through their entire range of motion without necessarily stretching surrounding muscles. These exercises or movements generally use a back-and-forth or circular motion to improve joint mobility. They should always be done slowly with controlled motion to avoid pushing a joint past its limits, since jerking or bouncing can cause injury to the joint.

Measuring Flexibility

How do you know if you need to improve your flexibility? Here are two simple tests: The “Sitting Toe-Touch” checks the flexibility of the lower back and the backs of the legs. Sit on the floor and stretch out your legs with toes pointed up and stretch your arms out and see if you can touch your toes. When doing these “tests” don't jerk, bounce or force yourself to move further than is comfortable. The “Arm and Shoulder Stretch” measures the flexibility of your shoulders and upper back. Place your arms locked behind your head and bend left to right. Lack of flexibility in these muscle groups usually indicates a need for overall improvement. To be safe, use slow, gentle movements when trying these tests. These simple tests should give you an idea of how good your flexibility is.



Quote of the Month: “Respect is earned, not required.”

DOs & DON'Ts of Dojang Etiquette

- DO be on time
 - DO listen attentively and follow directions carefully
 - DO answer up properly and clearly
 - DO show enthusiasm and put forth your best effort
 - DO come to class with a positive attitude and a desire to learn
 - DO wear a clean uniform
 - DO set a good example for the lower ranks
 - DO show perseverance even when things are difficult for you
-
- DON'T contradict or argue with an instructor
 - DON'T talk in class unless addressed by the instructor
 - DON'T play in the dojang
 - DON'T fidget in class
 - DON'T spar without permission. Always remember that sparring is a privilege, not a right!
 - DON'T drop your belt on the floor
 - DON'T wear jewelry in class
 - DON'T chew gum in class
 - DON'T attend another school without your instructor's permission
 - DON'T EVER GIVE UP!!



2016 Black Belt Camps

WOMEN'S CAMP

June 22-26

Limestone, AR

FALL CAMP

October 7-9

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

2016 CTF Tournaments

July 30

REGION I

(Single-rated)

Goodpasture Christian School

NASHVILLE, TN

SPAR WARS

September 10

REGION I

(Double-rated)

HERNANDO, MS



HELP MATT ROERICK IN HIS BATTLE WITH PANCREATIC CANCER!

Order your Fundraiser T-shirt online on the CTF Website - www.choongsil.com.

We will bring the shirts to the July Tournament or you can select other delivery options.

**USTL– International
Invitational Tournament**

October 22-23

Southaven, MS

The Landers Center

CTF NATIONALS

November 12 or 19

DICKSON, TN

Health & Wellness

Here's To A Healthier You!!

5 Tips For A Healthy Summer

1. GET OUTSIDE TO EXERCISE

- Run in the morning before it warms up outside
- Go for a hike in the forest or a swim in the pool

2. SLEEP

- If the summer months cause a change in your schedule, resist the urge to sleep in. Keeping a consistent sleep schedule is important for healthy, restful sleep.

3. DRINK PLENTY OF WATER

- It's easy to get dehydrated in warm summer months. Add a little lemon or grapefruit oil to your water to give it a great taste!

4. EAT FRESH, SEASONAL FRUITS

- Summer is the perfect time to eat fresh fruits. Check out a local "pick your own" fruit farm. You will get fresher fruit and it can be a fun family outing.

5. STAY CONSISTENT WITH YOUR TAEKWONDO TRAINING

- Between school being out, vacations, summer camps and all the other summer fun that can interrupt your usual schedule, make an extra effort to continue making it to your Taekwondo classes!

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 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!



Lemongrass Oil

- ◆ Naturally repels insects
- ◆ Combine with fractionated coconut oil for a soothing massage after a hard workout
- ◆ Apply diluted after a long run for a refreshing feeling

