

CTF Sidekick News

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ACTUALIZATION

Taekwondo is an activity that has something to offer to people of all ages and abilities. The bottom line is self improvement and using the talents and abilities that we have to the best of our abilities. Very few of us will ever kick “straight up” or be able to jump and break boards six feet above the ground but we can develop a work ethic that will allow us to achieve a much higher level of fitness, self control and self defense skills than most people.

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“Actualization is taking the first step and entering into the process of the work and reward system. The development of a strong work ethic is the most important element in this philosophy. Even the most average of people can achieve excellence with a strong work habit.”

Hyun Sil
Choong Sil Kwon Philosophy

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IMPORTANT
Please update your
Address books with our new
Email addresses:
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choongsil@outlook.com
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 **CHECK IT OUT!**
www.choongsil.com for news, info,
upcoming events, tournament info, &
black belt points.

ACTUALIZATION

Cont'd from Page 1

What is a Taekwondo Black Belt?

First—a black belt is someone who started with a dream just like you. Their initial goals and ideas were probably very different from what they are today, but they were enough to get them started.

Next that Black Belt found the motivation to begin to attend classes on a regular basis. This allowed them to develop basic skills and firmer goals.

Finally, that Taekwondo Black Belt developed enough self discipline to stick with the program and work hard in those areas where they were weakest. They are the tough ones who “get going when the going gets tough”. They are the ones who practice at home—especially on the days when they can’t get to class.

So—you want to be a Black Belt, too. What then does it take?

Commitment—The process of earning your Black Belt takes a long time, on the average from 3 to 5 years.

Effort—You will get back only what you give. The student who gives 100% effort all the time will develop faster than one who does not. The student who trains regularly does not waste time having to relearn old material.

Patience—Choong Sil teaches us to improve a little bit every day. Don’t expect to become an expert overnight.

Perspiration—Training your mind and body takes lots of work. Learning Taekwondo takes constant repetition.

Concentration—As a white belt we begin to learn to focus on the details of our technique. By the time we earn a black belt, we understand how many different things we must pay attention to—often at the same time.

This process doesn’t end at Black Belt either. Black Belt is only the beginning of your journey to “constant and never ending improvement!”

*Working Hard for
Black Belt Excellence*

Exercise Flexibility & Stretching

Flexibility is the capacity of a body segment (arms, legs, shoulders, etc.) to move freely over a wide range of motion without stiffness or resistance. It is a key element which enhances all types of athletic performance. Taekwondo places great emphasis on flexibility. Because people begin their study of taekwondo at various ages, it is important to realize that flexibility can be developed at any time in one's life. Regardless of how inflexible the body is when starting, a person who stretches correctly and consistently can develop an incredibly high degree of flexibility.

Besides improving the range of motion in the joints, stretching has other benefits. Certain stretches should be used before your workout as a warm-up. This assists blood in circulating throughout the muscle fibers. A proper warm-up is very important to avoid injury. Other specific stretches may be used at the end of your exercise routine as a cool-down.

This application of stretching regulates muscle tension, which lessens the likelihood of spasms and helps to decrease the amount of lactic acid in the muscles. Lactic acid is a by-product of strenuous activity. It is the chemical which causes soreness in the muscles.

STRETCH ALL LARGE MUSCLE GROUPS

(LEGS AND BACK)

STRETCH SPECIFIC AREAS MOST

EMPHASIZED IN YOUR ACTIVITY

In Taekwondo, since we perform so many kicks, special care should be taken to stretch the inner thigh and hamstrings (the muscle on the back of your legs).

Other techniques place great stresses on the joints, so wrists and shoulders should be warmed up before working hard. Your instructor will be able to assist you in developing a flexibility program specific to your style and needs.

How To Prepare For Testing

The Taekwondo testing process is an opportunity to demonstrate for others new skills you have learned. Our testings are held approximately every two months to allow you plenty of opportunities for testing. You or your instructor may feel that only two months is insufficient preparation time or you may become ill or be out of town for a testing. This way you will only need to wait a short time for the next test.

Proper preparation for testing requires that you know your material. If you are well prepared and have practiced regularly, you will have no problem performing well and with confidence. Testing is really an excellent opportunity for showing family and friends what you have learned.

In preparing for testing, remember you are responsible for all materials you have learned since you were a white belt. The best way to remember old patterns is to practice them routinely! Try applying new things you have learned when you practice old patterns. This will make your practice more interesting and improve your technique.

The best preparation you can make for your testing is to be relaxed and have confidence in your abilities. This is very easy to do if you have attended classes regularly. Come to your testing prepared to do your best and have fun!

CTF TRAINING CAMPS

Something for just about everyone!

CTF Black Belt Camps are Actualization in Progress.

Yes, you do work hard. What better place to sharpen your technique and build your skills. Our camps are limited in size to insure that each camper receives the individual attention they want and need. Whether you are trying to prepare for testing, competition or just improve your abilities, this a great opportunity to work on it.

Yes, you will meet other interesting people from schools across the country. You will form friendships and enjoy renewing them every year at camp or seeing the people you meet at tournaments and other events.

Yes, you will be challenged—not just physically. We plan each camp around a host of activities that offers campers diversity from year to year as well as opportunities to experience new activities such as paintball, rappelling, ATV riding, canoeing, etc. One of our goals is to give you a chance to experience something that you have never tried before!

Yes, you will want to come back. Once you make the commitment to come, camp will be at the top of your list from now on—it is just too much fun!

Success Over Stress

When you're stressed, your body goes on red alert. Adrenaline is released, muscles tense, blood pressure rises and your heart rate quickens. All because your body is gearing up for "fight or flight."

Fortunately, there's a secret weapon against the body's response to stress. It's called *the relaxation response*. With practice, it can help you to interrupt red alerts and calm down.

How it's done: Simply repeat a word, sound, phrase or motion for a few minutes. Try to ignore distracting thoughts and stick to the repetition. Soon, your heart rate, blood pressure, breathing and metabolism should slow down.

In time, you'll learn to launch the relaxation response whenever you find yourself in a stressful situation. Plus, you'll find certain activities that require repetitive motion work great *anytime* to help you unwind. *Good Choices* : bicycling, woodworking, gardening — even polishing a car.

Here are some more proven "anytime" stress relievers:

1 Tense and relax. Take a deep breath through your nose and keep it in. Tense your muscles, starting at your shoulders and working your way down to your toes. Wait five seconds, then slowly exhale through your mouth while relaxing muscles in the same order you tensed them. Repeat 4-5 times until you unwind.

2 Sit up straight. It's not unusual to slouch when feeling stressed. *Drawback:* slouching can restrict breathing and blood flow .. and *intensify* stressful feelings. *Better:* Practice good posture to improve breathing and rush more oxygen to the brain.

3 Try bubble therapy. You know those plastic bubbles found in packaging? Well, bubble busting is one more stressbuster. It's *true:* One study found that students reduced feelings of tension simply by popping two sheets of plastic bubble wrap.

STANCES – Foundation of your Technique

Stances perform the most fundamental functions. They provide you with

- Balance
- Mobility
- Positioning
- Grounding
- Conditioning

All of these concepts are essential for you to become a strong martial artist.

MIDDLE STANCE

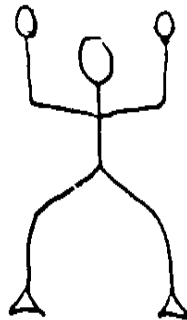
Through proper stancing you may achieve balance. If the structure of your stance is not proper, then you can easily be knocked off balance.

The ability to move quickly and fluidly from one position to another is critical in Taekwondo. A stance that is too long or too narrow may inhibit movement. The wrong stance may also slow you down or put you in the wrong position for appropriate response.

By adopting a firm stance you will be properly grounded and able to use that force by pushing against the solid foundation of the ground.

If you maintain constant and deep stances during your workouts, you will be strengthening your muscles as well as developing good technique. Be constant in your efforts to maintain your stances, *especially* when it hurts!

The first two stances you learn are not difficult for even a beginner to do well.. They are the "Attention" position and the "Parallel Ready Stance". In the Attention Position, you stand with your feet together (Yes– all the way together and touching) and your hands at your sides. The Parallel Ready Stance requires that you stand with your feet shoulder width apart.. (Your shoulder width—if in doubt, measure them.)



BACK STANCE

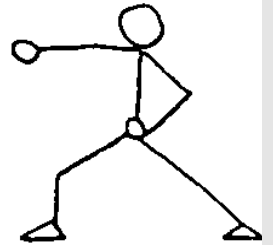


Next, we will examine the other three primary stances—the middle, front and back L stances.

The Front Stance allows you to propel your weight

FRONT STANCE

forward towards your target. If you begin in the Parallel Ready Stance with your feet shoulder width, just step forward maintaining this width. The front leg from the ankle to the knee is perpendicular (90 deg) from the ground, the front knee is bent approximately 120 degrees and the back leg is straight (Don't let that knee bend). Both heels are planted firmly on the ground.



You hips and shoulders should be facing squarely forward. The design of the stance is to allow you to push your weight to the front. You should have about 2/3 of your weight on your front foot and 1/3 on the rear. This is the stance you would use if you were pushing something heavy, like a car.

The Middle Straddle Stance, also known as the "Horse" or "Horseback Riding" stance, provides you with a 50-50 weight distribution between your feet. Your feet should be approximately two shoulder widths apart and the feet may point slightly outward. The correct dimensions will allow you to drop your weight comfortably in the center, your knees and toes should point in the same direction and both knees should be bent to approximately the 120 degree position. This stance allows you to move your body weight backwards or forwards easily without even stepping.

The Back L- Stance is best utilized for weight shifting to a front stance and lead leg kicking. About 2/3 of your body weight should be centered over your rear leg and about 1/3 should remain on your front leg. Your feet form an L shape with the front foot facing forward and the rear foot facing at about 90 degrees to the side. The

outside of the heels should line up in determining the width. Be sure

both knees are bent at approximately 120 degrees and the hips will point at an angle between front and side. It is very important to watch that both knees align above the feet at all times and both feet are firmly planted on the ground.

These are the three basic stances. Work hard for excellent stances and you will find your other techniques improving as well.

"Impossible is a word to be found only in the dictionary of fools".

2015 Black Belt Camps

MEN'S CAMP
May 27-May 31
Limestone, AR

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

March 7

REGION I

(Single-rated)

Goodpasture Christian School

NASHVILLE, TN

April 25

REGION I

(Single-rated)

St. Benedict's of Auburndale

MEMPHIS, TN

**July 25 or Aug 1
(unconfirmed)**

REGION I

(Single-rated)

MT. JULIET, TN

SPAR WARS

September 19

REGION I

(Double-rated)

The Landers Center

OLIVE BRANCH, MS

CTF NATIONALS

November 14th or 7th

NASHVILLE, TN

CTF Black Belt Awards Banquet

December 12th

Colonial Country Club, Memphis, TN