

# CTF Sidekick News

Volume 22 Issue 3 • March 2016

## ACTUALIZATION

### *Dare to Work for your dreams*

Hard work - Perseverance - Indomitable Spirit. These are all concepts we discuss and apply in Taekwondo, but have you considered how important they are in everyday life. Look around you. *How many successful people do you know that are especially talented? How many successful people do you know that work very hard?*

If you consider this question, you will realize that most people are not especially talented. So how do they succeed? The answer is simple. **They have a goal and work hard to achieve it.**

Perseverance is also very important in developing a strong work ethic. There are always times when we feel it might be easier not to come to class regularly, however, we realize we must persevere if we want to be ready to meet our testing goals. By pushing ourselves we learn to enjoy working hard to constantly reach new goals in both Taekwondo, work and school.

In this way we learn that we are capable of things we had never before dreamed possible.

{Cont'd on page 2}

### Inside this issue:

Actualization Cont'd	2
STANCES- Foundation of Technique	3
CTF Camps/Success Over Stress	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](http://www.choongsil.com) to fill out your:

**CTF New Membership**

**CTF Membership Renewal**

**Tournament Registration**

**Black Belt Testing Application**

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

# ACTUALIZATION

Cont'd from Page 1

The old fable of the tortoise and the hare best demonstrates this point. The hare obviously has the talent - he is very fast and quickly outdistances the tortoise, but he quits before he reaches his goal and stops to nap while the tortoise perseveres. He plods along and eventually passes the hare and wins the race!



*“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

Developing a strong work ethic requires a lot of self-discipline. Only you can decide to work hard in class or practice on your own, but you will quickly see the results if you do this! It is always easier to find an excuse not to practice than to continually inspire yourself to take action. As you move higher in rank, you must continually work longer and harder to reach your goals. In these ways you are constantly developing your work ethic and self-discipline!

# STANCES – Foundation of your Technique

Stances perform the most fundamental functions. They provide you with

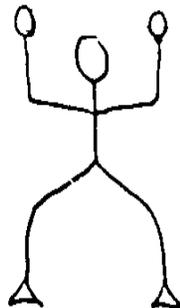
- Balance
- Mobility
- Positioning
- Grounding
- Conditioning

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.

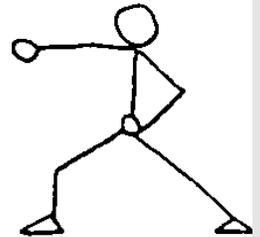
If you maintain constant and deep stances during your workouts, you will be strengthening your muscles as well as developing good technique. Be constant in your efforts to maintain your stances, *especially* when it hurts!

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.)

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

## FRONT STANCE

The Front Stance allows you to propel your weight 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. Your 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.

## BACK STANCE



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

# Summer Camp Hard Work Lots of Fun!

Perhaps the most intense and enjoyable training experience you can find would be through attending one of the CTF's annual training camps. Black belts from all regions of the CTF will travel to Limestone, Arkansas to spend four days fighting the heat, bugs and other good stuff just to work out several times a day!

**IS IT WORTH IT?** Just ask some of our veteran campers. They will attest that this is probably the best training opportunity available. The small groups allow Master Hardin to spend time on the specialized needs of each specific camper. In addition, campers get to enjoy the great company and food (No, they don't just feed you MRE's and Pop-Tarts). Campers have come from as far away as California, Florida, Virginia, Chicago, Texas and even Switzerland just to kick and punch with each other.

**WHAT IS THERE TO DO BESIDES SQUAT KICKS?** Plenty! Returning and new campers can look forward to new field trips and guest speakers at this year's camps. Ground fighting and Jujitsu seminars have been available. This year's campers can look forward to canoeing, paintball, rappelling, four-wheeling, etc. There is even a rumor the women had massages last year!

**WHERE DO I SIGN UP?** Watch the bulletin boards in your schools for more information or check with your instructor.

You can also check the CTF website for more information. [www.choongsil.com](http://www.choongsil.com)

## 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.

# 2016 Black Belt Camps



**MEN'S CAMP**  
May 25-May 29  
Limestone, AR

**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

**March 5**

REGION I

(Single-rated)

Mt. Juliet Christian Academy

MT. JULIET, TN

**April 30**

REGION I

(Single-rated)

The Landers Center

SOUTHHAVEN, MS

**July 30**

REGION I

(Single-rated)

Goodpasture Christian School

NASHVILLE, TN

**SPAR WARS**

**September 10**

REGION I

(Double-rated)

HERNANDO, MS

**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!!

### DIET

## A short term or long term plan?

#### What does Diet mean?

- 1) The kinds of food that a person, animal, or community habitually eats.
- 2) A special course of food to which one restricts oneself, either to lose weight or for medical reasons.

**Which do you choose?** I choose #1 because the only way to achieve a healthy lifestyle is to select a healthy diet and stay with it.

Keys to a healthy diet that will help you lose and maintain weight are:

- 1) Drink lots of WATER
- 2) Choose a diet low in carbohydrates.
- 3) Control your snacking habits.
- 4) Control your portions

Keep a close record of what you eat and drink daily. This will help you control the types of food you are eating and recognize the amounts so you can implement portion control!

There are many healthy snack alternatives but the best are fruits and vegetables. Most American diets do not include nearly enough of these and too many sugary, starchy foods.

An easy way to control your portions is you only eat from your salad plate rather than a dinner plate. NO SECONDS ALLOWED.

Once you select a diet that is working for you, stick with it. Don't go back to your prior eating habits or the weight will come back too!

*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!*



### Wintergreen Oil

- ◆ Great for warming, soothing massage after exercise
- ◆ Has a refreshing aroma that's uplifting and stimulating
- ◆ A little goes a long way, so use sparingly!
- ◆ For a soothing bath, and 1-2 drops of wintergreen to warm bath water

