

# CTF Sidekick News

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## INDOMITABLE SPIRIT

As we study Taekwondo, we are striving to develop not only our physical skills but also our character. Indomitable spirit is one of the traits which we want to encourage. Everyone, at one time or another in their life, will face what seem like overwhelming odds. Those with character will face those odds with everything they have and do their best while others will quit and blame their failure on outside influences.

Sometimes it does seem much easier to give up, especially when we can come up with a convenient excuse, than to gut it out and push ourselves beyond what we might perceive as our limits. This is how we grow. Those who find excuses will not grow and improve. Those who look to themselves for the reason for failures will have taken the first step on the path to improvement.

Students attend Taekwondo class in search of help in improving their skills, however, they must first admit to themselves that they need help before they can appreciate the critique the instructor has given. All too often an instructor hears, "But ...." when they offer suggestions.

**"Motivation is a fire from within"**

**- Stephen R. Covey**

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**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**

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

(Option to pay your instructor is still available.)

# *Indomitable Spirit Cont'd...*



In order to develop character, we must first admit our flaws and face them. It is like correcting your front stance - once you recognize the error, you can take steps to change it. General Choi states in his definition of Indomitable Spirit that “a serious student of Taekwondo will at all times be modest and honest.”

**“Motivation springs from within the Champion, it is not pumped in”**  
- *Denis Waitley*

With the CTF Nationals coming up this month, I am reminded of the first time that I decided to try for a National Championship. In my division was a lady with a deteriorating muscle disease. At the time I had just earned my black belt and was eligible to compete in the division, she was leading in the points totals. She had been to every tournament that year (about 10 so far) and was working very hard to win. She was putting everything she had into the competition and truly displayed the spirit of a champion despite her steadily increasing physical limitations. I learned a great deal about indomitable spirit and the true purpose of competition from knowing her that year. I, for one, had no regrets when she won the National Championship that year. I had many more chances ahead of me.

I learned just how much indomitable spirit can mean when I battled leukemia. Because of my strong spirit, I was able to maintain a positive attitude through my treatments. This positive attitude minimized my side effects and recovery time from the treatments. It enabled me to overcome the frustration, pain and impatience of retraining and reconditioning my body.

I indeed lived the Choong Sil philosophy as I went through each cycle of treatment and recovery. My goals evolved from survival to full recovery to regaining my prior level of fitness and expertise. As I look back, I can see that through perseverance I was able to recover and train to test for 5th Degree Black Belt in 2004 (just 3 years after I was diagnosed). Now I am considered cured—what a wonderful reward for those trying days!

In order to achieve my goals, I must continue to live the Taekwondo life. Through constant and never ending training, I achieve not only improvement, strength, but also mental and physical health. I can appreciate more fully the beauty of Taekwondo as a fitness program for life. Over the last few years, I have constantly had to adapt my training routines to meet the limitations placed on me by my health and my aging body. I am constantly learning more about maximizing my strengths while not spending time worrying about the things that are no longer feasible! Perhaps the hardest lesson of all is patience! It is best to train consistently and regularly rather than to try to cram it all in to a “Super Workout” every now and then. The Choong Sil teaches us that if you can improve just 1 degree a day, then in 180 days, you can completely turn yourself around.

*Alison Hardin*

**“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face... You must do the thing you cannot do”**

**- Eleanor Roosevelt**

# Concepts of Power

## *Range of Motion - Strength Apex*

### RANGE OF MOTION -

Every muscle in the body has a range of motion. This is measured by the angle when the muscle is completely extended to the angle when the muscle is completely contracted. If we were to use the bicep muscle in your arm for an example, then the angle would be about 180 degrees or fully open when the muscle is fully extended. When the muscle is completely contracted, then the angle might be about 60 degrees. The full range of motion for the bicep would then be  $180 - 60$  or 120 degrees. This range is a little different for each person, so you will need to examine your own muscles to determine their range of motion.

### STRENGTH APEX -

Muscles are not as strong at the beginning and end of their range of motion because of the way they are attached and because the muscle fibers do not all act at the same time or continuously. This tendency is sometimes called geometric disadvantage. The muscles will be strongest where the muscle's attachment is perpendicular to the muscle, approximately the mid-point of their range of motion. This is the point of geometric advantage. It is also referred to as the Mid-range position. For the bicep this would be between 120 and 130 degrees. You will need to test yourself to determine where you are strongest.

### APPLICATION -

Since our goal in martial arts is to transmit maximum body weight and, therefore, we must choose that point in the range of motion for all muscles involved in a technique where they are at their strongest (the strength apex) at the instant in time that we make contact. This is equally true for blocks and kicks as well as strikes. This explains why our kicks and strikes are very weak when jammed or when they are fully extended. The only way to train your body to recognize and find this strength apex is through repetition and drill.



# TOURNAMENT COMPETITION

*How to get the most from competing.*

Tournaments are a great way to have fun and meet new people. Every tournament is like a family reunion where we get to see people we might never see otherwise.

You can gain a new perspective on Taekwondo from observing students from other schools. By watching the high rank black belt divisions, I have realized what is possible. Everyone needs inspiration and this is a good source. I might not have challenged myself enough simply because I didn't know what could be achieved.

Tournaments provide excellent training experiences. First, they serve as motivation for students to concentrate on their training as they prepare for the tournament. Next they provide the student with valuable experience in performing before a group. This helps the student who is extremely nervous to confront and control his anxiety. I must admit though that the "butterflies" will never go away unless you cease to care about the results. By watching other students of similar age and rank, the student may notice areas where he can improve. Go to the tournament with the attitude that you want to learn from others.

Before you can enjoy and learn from your experience, you must go to the tournament with the right attitude. Not everyone who competes in a tournament wins. In fact, only one person will win in each division. It is how we learn to deal with not being that one person that develops our character. It is what we learn from our performance that will allow us to return next time and improve our performance. I have always found that I learned a great deal from my losses and very little from my wins!

*There is no shame in losing if you lose gracefully and have done your best.*



## A NOTE TO PARENTS



Parents are often the unsung heroes of their children's Taekwondo success. Their support is critical if a child is going to reach his potential in Taekwondo, whether he competes or just trains. By providing positive support you can help your children realize that they can reach difficult goals through hard work. If you can give them the little push they sometimes need to get past a difficult time then you are helping them learn a valuable life lesson. Nothing worth having is gained without effort.

You, too, can make a child's tournament experience a positive one. Encourage your child to train hard before the tournament so that he will have the best preparation possible. Nothing is more embarrassing to a child or adult than forgetting your pattern.

***Teach your child that true winning means having performed your best whether or not you win a trophy to take home. It takes a lot of courage for your child perform in front of the judges and audience and, therefore, he is already a winner by just stepping into the ring.***

# 2016 CTF Tournaments

## CTF NATIONALS

November 19

DICKSON, TN

All National Championship competitors **MUST** pre-register!

### **\*\*ARE YOU READY FOR NATIONALS?\*** MAKE SURE YOUR CTF MEMBERSHIP IS CURRENT

**TRAIN HARD!** Whether you will be testing, competing or both, right now is the time to make your plans. I hope you have been training hard for this special weekend!

#### **BLACK BELT CHAMPIONSHIP REGISTRATION**

If you have qualified to compete in the National Championship divisions, please make certain your registration was made. If you cannot compete, please let us know so we may invite an alternate.

#### **GET YOUR REGISTRATION IN EARLY!**

Black belt registrations are due by October 23rd to qualify for the early registration discounts. If you will NOT be competing, please send us an email as soon as possible so we can invite one of the runners-up in your place.

**ONLINE REGISTRATION IS AVAILABLE** - You can register for Nationals. There are two forms—one for Qualified Black Belts who have received an invitation to compete for the National Championships and the Regular Tournament Registration form for everyone else.



*Black Belt Banquet*  
**Saturday, December 10**  
**Windyke Country Club**  
**Memphis, TN**

Cocktails at 6:30pm  
 Dinner at 7:00pm  
 AWARDS, Music and Dancing to follow

# Health & Wellness

## Here's To A Healthier You!!

### Rosemary & Oregano Roasted Potatoes

- 2 lbs. red potatoes, cubed
- Olive Oil
- 1 tbsp. Rosemary
- 1 tbsp. Oregano
- Sea Salt to taste

Preheat Oven to 375F.

Put potatoes in large bowl with a lid. Add olive oil and toss until evenly coated.

Add Rosemary and Oregano. Toss until evenly coated.

Place an even layer of potatoes on lined or non-stick coated cookie sheet.

Bake for 25-30 minutes rotating potatoes once.

*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!*



### Oregano Oil

- ◆ Supports a healthy immune system\*
- ◆ Put 10 drops with water in a 16 oz. spray bottle for a surface cleaner
- ◆ Supports healthy digestion\*



\* These statements have not been evaluated by the FDA. Not intended to diagnose, treat, cure, or prevent any disease.