



# CTF Sidekick News

Volume 19 Issue 10 • October 2015

## Self-Control

**Self-Control (Guk Gi)** With our National Testing and Tournament fast approaching, it is a great time to reflect on the importance of self-control and self-discipline in our Taekwondo life. The Choong Sil philosophy teaches us to learn to control our physical state and personal destiny.


In life, as we quickly learn in Taekwondo, one cannot control others' actions. A person can control only one person—him or herself. I watched a wonderful demonstration of this in the Women's Platform Diving Championships at the 2000 Olympic Games. The lone American diver entered the finals in 8th place. Two Chinese divers had completely dominated the previous rounds with their disciplined perfection. Close behind them were two Canadians who had also demonstrated consistently solid performances. The announcers had little doubt that the two Chinese would take gold and silver. These two teenagers had left their families at a young age and devoted their lives to this sport.

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Email addresses:  
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 **CHECK IT OUT!**  
[www.choongsil.com](http://www.choongsil.com) for news, info,  
upcoming events, tournament info, &  
black belt points.

# Self-Control

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It appeared that the announcer was correct as the lead remained unchanged through the first two of five rounds. However, Laura Wilkerson of the US, had managed to complete two very difficult dives and moved to 5th place. In the 3rd round, the stress of performance began to show as all four of the leaders faltered and Laura Wilkerson moved into 1st place. Laura remained calm and positive to the end and succeeded in winning the gold medal, a stunning upset. All of the women in the finals were excellent divers, however, the one factor that separated the winners was their ability to control their excitement and nerves and deliver a consistently solid performance.

As we continue to advance in Taekwondo, we become more experienced in the testing procedures. I have found that the best way to prepare for testing is to be disciplined in my approach to training. I try to develop a plan around those areas where I am weakest and those areas that I know I will be expected to demonstrate. By focusing in these areas instead of taking a "shotgun" approach, I find that I can make real progress. If I find a number of areas where I need to improve, I will generally group them and focus on only a few at a time, then move on to the next group, etc. By routinely practicing all my patterns and definitions, I find that my performance improves and I do not have a problem with memory work. I also get a good workout!

Taekwondo is not a subject where you can cram before a big performance at testing or tournaments. If you adopt this approach, you will falter. You must develop the self-control and discipline to train consistently on a regular basis if you wish to develop to your fullest potential.



*"The term of stronger is the person who wins over oneself rather than someone else." - Lao-Tzu*

# A Glimpse at Korean History Through the Patterns

The traditional patterns which we study in Taekwondo are named for great events or individuals in Korean history. By learning these definitions, we learn a great deal about the country where Taekwondo originated.

The first pattern, *Chon Ji*, signifies the beginning of the Earth, followed by *Dan Gun* who, according to Korean folk legends, founded Korea in 2333 BC. These two patterns are the foundation for everything which comes later.

Korea is a small country surrounded by larger powers, China and Japan, who have repeatedly invaded the country. The Korean history is one of defensive warfare, division and oppression as evidenced by the fact that a third of the patterns are named for military leaders.

612 AD - *UL Ji* - General who successfully defended Korea against a Tang invasion force.

## Three Kingdom Period

Until Korea was first united in 668 AD, primarily through the efforts of the *Hwarang* youth group, it was comprised of three kingdoms -

### (1) *Koguryo* - The 1st Korean Kingdom emerged in the 1st Century AD

- 391 AD - *Kwang Gae* - 19th King who regained the lost territories.
- 649 AD - *Yon Gae* - another famous general who forced the Tang to leave Korea

### (2) *Baek Je* - emerged in the 3rd Century AD

- 660 AD - *Gae Baek* - a great general

### (3) *Silla* - emerged in the 3rd Century AD

- 7th Century - Origin of the *Hwarang* youth group which united Korea and drove out the Chinese.
- 661 AD - *Moon Moo* - 30th King of the Dynasty
- 668 AD—The three kingdoms of Korea are unified with the help of General Kim *Yoo Sin*—Commanding general of the Silla Dynasty.
- 686 AD - *Won Hyo* - the noted monk who introduced Buddhism, the new state religion and dominant factor until the 1400's, and died in 686 AD.

This period witnessed a remarkable flowering of the arts, architecture, literature and statecraft as Chinese influences were absorbed and blended with the traditional Korean culture.

## 1300-1400's

The next group of patterns define the end of the Koryo dynasty which followed Silla in the 9th Century (*Po Eun*) and the beginning of the Yi Dynasty in the 14th century following the execution of *Choi Yong*, Premier and Commander in Chief of the Korean Armed Forces by its first king, another general - Yi Sung Gae. *Choong Jang* is also named for another famous general of this period, General Kim Duk Ryang. Next we learn of the creation of the Korean alphabet by *Se Jong* in 1443. *Se Jong* was also a noted meteorologist. *Po Eun* is honored as a famous poet and physicist. The Yi dynasty adopted a philosophy of Neo-Confucianism and suppressed Buddhism.

## 16th Century - Yi Dynasty

Again we see a history of invasion and warfare with the monk soldier, So San (1520-1604), who fought and repulsed Japanese pirates who had overrun the country in 1592. This was also the time when the great admiral, Choong Moo invented his Kobukson and helped defeat the Japanese at sea.

During this period we also honor two scholars - *Yul Gok* (1536-1584), a Confucian philosopher and *Toi Gae*, a noted authority on Neo-Confucianism. These philosophies represent the foundation of Korean culture and thought.

## Early 20th Century

Once again Korea is under the Japanese rule. Ahn *Joong Gun* assassinates the Japanese governor-general, Hiro Bumi Ito, and is executed in prison in 1910.

March 1, 1919 - (*Sam Il*) denotes the date when the Korean independence movement began under the leadership of 33 patriots, including Song Byong Hi (*Eui Am*), Ahn Chang Ho (*Do San*) and Cho Man Sik (*Ko Dang*).

The final pattern, *Tong Il*, represents the Korean dream of reunification of its country which has been divided since 1945, following the Korean War.

# DEMONSTRATE YOUR POWER!

## *Helpful hints for Board Breaking*

Board breaking is a test that all of us must face sooner or later in Taekwondo. It can be the most empowering thing you have ever done, or the most humbling. Anyone who has trained in Taekwondo for several years can remember having difficulty with a board break or watching someone else fail to break. Perhaps board breaking is more stressful at testing time since it presents you with a “pass or fail” situation with no room for judgment on the part of the judges.

How do you make sure the odds are in your favor when you face the boards?

### **1. *Train daily for board breaking.***

Put the same effort into your drillwork that you do into your padwork or board breaking.

Visualize a target for each technique & watch your technique make contact with that target every time you do it even when you are striking air.

Practice being relaxed until you are ready to strike.

### **2. *Know how to set up your board breaks properly.***

Attend board breaking seminars given by your instructor or Master Hardin to learn how to align the holders of your wood, properly align your wood, how to set up for your technique, and other tips.

### **3. *Plan your breaks beforehand.***

Know where you will be setting each station and the order of the breaks. It helps to set up pads in the order of your breaks and walk through your breaks ahead of time.

### **4. *Pay attention to the details when you set up.***

### **5. *Focus on each technique before moving to the next technique.***

### **6. *Make each try your best.***

### **7. *RELAX! Speed breaks more wood than just powering through the boards.***



## **Taekwondo Pumpkin Contest**

Bring out those pumpkin carving skills and show us your best Taekwondo inspired pumpkin. Post a picture to our Facebook page and the picture with the most “likes” wins a CTF tumbler travel cup.

[www.facebook.com/ChoongSilTaekwondoFederation](http://www.facebook.com/ChoongSilTaekwondoFederation)

# Upcoming Events 2015

**Fall Camp—October 16th—18th**

**Early Nationals Registration Deadline—October 16th**

**FINAL Nationals Registration Deadline—October 26th**

**Rules Clinic—November 13th**

**Black Belt Banquet—December 12th—Cordova Country Club**



## CTF Nationals - November 14th

**Dickson County High School**

**Dickson, TN**

### ARE YOU READY FOR NATIONALS?

**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!

**RESERVE YOUR ROOM NOW!** Hotels may become hard to get.

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

If you have qualified to compete in the National Championship divisions, please watch your mail carefully. Your invitation to compete should arrive any day now. If you have not received one, please call Mrs. Hardin at 870-428-5353 or email at akhardin@outlook.com

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

Black belt registrations are due by October 16th in order to take advantage of the Early registration pricing. If you will NOT be competing, please send us an email as soon as possible so we can invite one of the alternates in your place.

**REGULAR TOURNAMENT REGISTRATION** is available through your instructor or at the gate on tournament day.