



CTF SideKick News

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REALIZATION

Realization refers to the attainment of one's goals. Achievement of your goals—this is the time to consider your success. You have worked hard and now you can look back and feel pride in your accomplishment, but don't just stop there. Reward yourself and enjoy your new privileges.

It isn't unusual to feel a little let down sometimes when you reach a major goal. Often we have thought so much about our goal and worked so hard to achieve it, that once we reach our goal, it isn't quite as we had imagined. What we lose sight of is the growth process that has occurred while we were working towards that goal. This process strengthens us and gives us a new foundation on which to build towards our next goal. This constant building process is the nature of Choong Sil.

**Dare
To
Succeed**

New Privileges—New Responsibilities

The new privileges we receive on reaching our goals make us feel more important. While this is a wonderful feeling, we can't lose sight of the fact that privileges and respect are earned—and not by just one accomplishment. Once they are earned we must continue to be deserving of them by accepting additional responsibilities, or we will lose other peoples' respect and appear arrogant. As you advance, remember that others are watching you. If you can be humble yet a leader, you will earn their respect and influence them in a positive way. This can be one of the most rewarding feelings of all—to help someone else!

“Realization refers to the attainment of one's goals. Upon reaching these achievements, new privileges are merited as new goals are recognized. This process perpetuates itself as the previous results offer new challenges and new responsibilities. This positive growth cycle not only improves oneself, but also the immediate world around you. This concept of 'constant and never-ending improvement' is the ultimate purpose of Choong Sil Kwan.”

Sil Hyun

Choong Sill Kwan Philosophy

Taekwondo teaches you to grow physically and mentally in your day to day life. It teaches concentration and focus. It teaches you to become more goal oriented in your outside activities. Your self-discipline and work ethic will become stronger. Your confidence will increase. These factors will influence your life outside Taekwondo as well. They will begin to have positive effects on your work and personal life. This, too, will influence those around you. In this way, the benefits of Taekwondo can become apparent and influence others outside of the dojang.

Quote of the Month

“The difference between the impossible and the possible lies in a person's determination.”

TKD TRIVA



Do you know?

What are the 5 Korean Dynasties?

What do the 4 sections of the Korean Flag signify?

(answers on page 4)

PRINCIPLES OF POWER Hip Motion

Last month we discussed the importance of a strong stance in generating power. This month we will consider how we transfer the power of the legs and stance to a strike or block. The hips are the point of connection. Through their proper motion they can transfer the strength of the legs into your technique.

There are different types of hip motion -

Pressing
Single Motion Twist
Double Motion Twist

Pressing Motion comes into play with techniques like a double upset punch or a twin upset punch where we are directing our power straight ahead, equally with both sides of our body at the same time. In this situation the hips do not twist at all but just press forward into the target.

Single motion twisting action comes into play when we step into certain moves like a front punch or make a step behind knifehand strike. The motion of the body naturally follows the motion of the technique. We can add power by making a quicker, stronger twist of the hips as we strike or block.

The double motion twisting action is much more complex. A good example of a technique where you might practice this is the walking reverse punch. In order to make sure the motion of the hips follows the motion of the technique, you must first wind up or cock your hips like a baseball pitcher and then reverse that motion as you release your reverse punch. By doing so, you can add a great deal of power to your technique. If you fail to do so, you will take power away from your technique as the hips will be pulling in the opposite direction.

Now that you are familiar with the different types of hip motion, start to analyze each technique to see where it can help you. You will soon find that with practice your hip motions will become much smoother and your technique much more powerful.

IS THERE A BOGEYMAN?

This is a talk that I gave my kids to inform them of why they are taking Taekwondo.

One day my rather large junior yellow belt class was acting as kids usually do and I decided to invest twenty minutes of class time to stretch and explain to them just exactly what Discipline and Self-Discipline mean. I began by asking everyone, "Is there a Bogeyman?"

Of course, the entire class replied with a big "NO!". I then replied... "Yes, there is a Bogeyman!" Well, not to mention the parents sitting up and looking over their reading material and wondering where is he going with this; all the kids just looked at me in disbelief. As their instructor, the kids look up to me for truth and were quite shocked at my answer!

I went on to explain to them, "There is a Bogeyman. He is out there, and he will get you. But, only if you let him! It's really very simple, Don't go places you don't belong! At the end of every dark alley lurks a bogeyman. For example, you ask your parents if you can go over to Sam's house and play. Your parents know Sam and they know Sam's parents. They know that they are good people, so they let you go. But when you get to Sam's, Sam wants to go over to George's house. George wants to go over to Frank's house. Frank does drugs. All of a sudden the police show up and everybody goes to jail. You were all some place you didn't belong, you were supposed to be at Sam's and you ended up at Frank, the drug dealer. Frank is a drug dealer and drug dealers are Bogeymen!

I asked them again, "Is there a Bogeyman?"

The class replied, "Yes Sir" "Is the Bogeyman a monster looking person?" I got no reply. "Was Frank a monster looking or a regular looking guy?" The class replied "regular looking" (point across)... The Bogeyman is also in the form of: Hate, Greed, Drugs, Crime, Gangs, Deceit, Prejudice, Lies and Ignorance!

I then told them, "There is a Bogeyman inside each of you!" Again the parents gave me "that look". I asked, "How many of you have done something mean to someone and were sorry about it later?" I raised my hand because I'm human and I'm guilty. The entire class raised their hands. That was your Bogeyman coming out. Your parents brought you here for self-confidence, self-discipline, self-control and to lock up your Bogeyman in a little box with chains and a strong lock. The stronger your Taekwondo and self-discipline get, the stronger your lock and chains get on your Bogeyman. Here is a good rule: If you have to ask yourself, should I do this, the answer is NO! Don't lie to yourself, be truthful, don't let the Bogeyman out. The more he gets out, the stronger he gets and the weaker you get.

"Is there a Bogeyman?" "Yes Sir." "Can he get you?" "Yes Sir." "How?" "Only if you let him." "Can you whip him?" "Yes Sir." "Class hop up.. Jhoon Be!"

Mr. Gordon Cummings
6th Degree Black Belt

Personality Improvement!

We already know that exercise can improve our bodies, our health, and even our self-esteem, but did you know that it can also change your personality for the better. A person who is rebellious, emotionally unstable, uptight and aggressive can change his or her personality through a physical fitness program. Such a program, besides making one feel healthier, also causes one to calm down, be more self-confident, easygoing and relaxed. It also makes a person more intellectually inclined.



Learn To Breathe?

Will learning to breathe efficiently help your performance? Trained athletes breathe much more efficiently than the untrained. According to the University of California Berkley Wellness Letter, the best way to improve your breathing is "simply not to think too much about it. You'll settle into an easy respiratory pace that suits you." The more you train, the more efficient your breathing becomes, not because of specifically learning to breathe for sports, but simply as a by product of training. Being conscious of your breathing can disrupt your rhythm.



"Can't Never Did Anything"

When you make your list of all 4-letter words that you don't want to use, be sure to include "CAN'T"! Nothing in life is more powerful than your attitude. If you believe you can't - you won't, but if you have faith in yourself, you will achieve success.

Stay focused on the positive side of things. Even a bad experience can have positive effects if we look at it as an opportunity to learn where we are weak and work to improve in those areas.



Teach yourself to approach life positively.

- Say I can! not I can't.
- Smile at others.
- Pat yourself on the back for your accomplishments.
- Start each day telling yourself it's going to be a great day.
- Start each class with the conviction that you will make fantastic progress.
- Remember that attitude makes the difference.

"Life's battles don't always go to the stronger or faster man, but sooner or later, the winner is the man who thinks he can."

Walter D. Winkle

Camps

CTF TOURNAMENTS

2008 Black Belt Camps

MEN'S CAMP
May 28th - June 1st
Limestone, AR

WOMEN'S CAMP
July 23rd - 27th
Limestone, AR

FALL CAMP
Limestone, AR
October 17th - 19th



This year plan on visiting the CTF Camp facility in the beautiful Ozark Mountains of Northwest Arkansas.

The camps promise to be better than ever with plenty of new and unique workouts.

APRIL 26, 2008
 REGION I
 (Single-rated)
 MEMPHIS, TN

AUGUST 23, 2008
 REGION I
 (Single-rated)
 DICKSON, TN

SPAR WARS
 SEPTEMBER 2008
 REGION I
 (Double-rated)
 MEMPHIS, TN

CTF NATIONALS
NASHVILLE, TN
NOVEMBER 15, 2008



2008 USTL National Tournament

July 10-12, 2008

Renaissance Center, Detroit, Michigan

Make your vacation plans now to attend the 2008 USTL National Tournament. The tournament will be held at the Renaissance Center in Detroit, Michigan.

The USTL offers competitors of all ranks and ages the opportunity to test their skills against excellent martial artists from associations outside the CTF. Competition is offered in forms, weapons forms and sparring for all ranks.

In addition, black belts may compete in the following areas:

Power Breaking
 Combination Breaking

Team Forms
 Team Sparring