



CTF SideKick News

INTEGRITY

THE FOUNDATION OF HONOR

Integrity means to be honest with others, but it also means to be honest with yourself. A person with integrity has a sound moral value system and the strength of character to follow it.

What are sound moral values? While opinions differ, almost everyone agrees that honesty, sincerity, consideration for others and honor are good values. Most of us follow these principles almost all the time, but the strength of your character determines if you always do.

Frequently when people lie it is out of fear—fear of the consequences of others knowing the truth. A “little white lie”, while it might not hurt someone else, is an act of cowardice on the part of the person who tells the lie. As we train towards our Black Belt goals, we learn to face our fears and overcome them. Learning to always be truthful and honest is one way of doing this. We can only claim to be sincere and honest if we are completely without deceit and hypocrisy at all times. We must stand behind everything we say and do, even when we make a mistake. It takes a person of strong character to admit their mistakes and say that they are sorry!

Uprightness implies that we are totally fair and open when we deal with others. It means to tell the whole truth, not just answer the questions that you are asked.

Honor is a quality that can earn us

great respect from others. Integrity is the foundation of honor. To be honorable, we must first be trustworthy. As we learn more about Korea and the martial artists that developed Taekwondo, we learn that they prized honor above all. An honorable man was one that could always be counted on to do the right thing. They were always ready to risk

Quote of the Month:

Be a master of your desires and a slave to your integrity.

everything, including their lives for their beliefs. Think about some of the Koreans for whom the patterns were named—they were all men of honor!

We all know that none of us are perfect, and that we sometimes make mistakes. We can all work hard, though, to maintain our highest level of integrity at all times. Listen to your conscience. It will guide you and let you know when you are about to make a mistake. It's not always easy, but it is well worth the effort to always act with the highest level of integrity.

INTEGRITY means making choices in difficult situations. Take the following quiz and decide what you think you would do.

Integrity Quiz

The grocery clerk accidentally hands you \$20.00 extra change. Would you:

- a Pocket the money and head for the mall.
- b Return it.
- c Report her to the manager.

You are taking a difficult test and happen to see that the person next to you has a different answer to one of the questions. You know this person always does well on tests. Would you:

- a Copy their answer.
- b Stick with your own answer.

You want to test for red belt. You haven't been coming to class a lot, in fact, it has been three weeks since you were in class, and you haven't been practicing at home. All your friends are going to test, and you don't want them to get ahead of you either. Would you:

- a Tell your instructor you are ready to test and sign up.
- b Do nothing.
- c Ask your instructor for their opinion and advice and be willing to follow it cheerfully.

As you can see, these situations present difficult choices. Which ones represent integrity to you? Are those the choices you would make?

CTF - What does it mean to me?

Choong Sil Taekwondo Federation - This is a very important part of our Taekwondo training, but do you know why?

The CTF provides you with credentials that other martial artists will respect. Each time you test, you must meet nationally recognized standards before you can advance. The CTF's job is to set those standards and be sure that you, having met them, receive the proper rank. The CTF must also be sure that you have properly qualified judges available to judge your testings. Once you have met the requirements, the CTF issues you a Certificate signifying your new rank. The only exception to this would be for recommended black belt ranks. Since the rank is only recommended at this time, and the black belt must take a second test before receiving full rank, no certificate is issued.

The CTF provides you with a unique style and philosophy of Taekwondo that it has taken years to develop. The Choong Sil style was developed by Master Robert Hardin. You are all familiar with the discipline patterns, beginning with Song Song, and their meanings. These four discipline patterns are unique to our style. The other patterns that we learn are the "traditional" Taekwondo patterns developed by General Choi and the ITF. To ensure that this style of Taekwondo is passed on to you properly, the CTF sets standards for instructors who are qualified to teach you. All your

instructors must meet these standards and pass tests before they can teach you.

The CTF provides special seminars, training camps and other special training opportunities for you. This year the CTF has already sponsored men's and women's Black Belt Camps, and other special seminars for both your instructors and you. Be sure you take advantage of these when they are available.

The CTF sponsors a series of Tournaments in all regions of the CTF. These tournaments provide you with an opportunity to test your skills against those of students from other schools. This is perhaps one of the most fun ways to meet other martial artists even if you choose not to compete in the tournament itself. The tournaments are also very exciting to watch, especially the demonstrations and black belt divisions.

The CTF means more than

just events and training opportunities. It means people. Besides yourselves, there are about fifty other schools and clubs who belong to the CTF. Our membership totals in excess of 3000 students. Your membership in the CTF allows you to train at these other schools

CTF-

- ◆ *A unique style and philosophy of Taekwondo*
- ◆ *International Accreditation*
- ◆ *Excellent training opportunities*
- ◆ *PEOPLE!*

when you travel or perhaps just want a little variety in your training program. If you want to train at some other CTF school, check with your instructor about who to contact.

CTF LEADERSHIP

Grandmaster Robert Hardin founded the MATC (the former name of the CTF) in 1982 when he came to Nashville. He personally developed the Choong Sil philosophy and pattern system which sets our style apart today. He has been training in Taekwondo for over 40 years and is currently a Ninth Degree Black Belt and Master Instructor.

Master Hardin was previously very active in the AAU (Amateur Athletic Union) where

he initially served as Sports Chair for the Southeastern and Arkansas Regions as well as Chief of the AAU Dan Certification Program. Through his contacts at the AAU he joined a group of other high ranking instructors to form the United States Taekwondo League which just hosted its eighth National Championship in Detroit, MI. We will be taking the USTL back to Pennsylvania in 2009.

The Rusty Ax

“You ask me what is integrity?” said the blind master, sitting on a cushion at the front of the Dojo. “Listen to my story.

“Once, long ago, there lived a woodcutter. During the day he chopped firewood to make a living and in the evening he practiced his skills as a martial artist. He was happy and content with his simple life. As long as he had his health and his old ax, he could earn enough to feed himself, his wife and his children. One day he was cutting a large tree overhanging the bank of a rushing river. He paused for a moment to rest. Then something terrible happened. As he went to lean his ax against the tree, he tripped, and the ax slid down the bank and into the river! The poor woodsman stared into the river. He could not even see his ax in the tumbling water. What would he do now that he had lost his ax? Without it, he had no way to support his family. He stared miserably into the river.

“At this moment, along came an old man with a long beard. The man sat down beside him. “Why are you so sad?” he asked. “I have lost my ax in the river and I have no way to feed my family.” The old man quickly dived into the cold water with surprising agility. The woodcutter was even more surprised when the old man rose up in the center of the deep river with the water dripping from his beard, holding a bright, shining, silver ax. “Is this your ax?” he said.

“The woodcutter stared in awe at the silver ax. He thought of all the things he could buy with the money he could get for it. Then he remembered his martial arts training, and, after a short pause, he replied, “No, my ax is made of iron, and it is old and rusty.” The old man disappeared under the water again. Then he appeared once more, holding a glistening ax made of polished gold. “Is this the ax you lost?” Again the poor man thought of all the things he could buy if he claimed the golden ax, but he swallowed hard and repeated, “No, my ax is made of iron.” The old man slowly reached into the water and lifted the missing iron ax. “Here is your ax,” he said, handing it to the woodcutter, “and these two are now also yours because you are an honest man.” He laid the other two axes at the woodsman’s feet on the riverbank, and vanished. That evening, as he practiced his martial arts skills, the woodsman thought of all the things he would now be able to do, not only for his family, but for the whole village.

“Now that,” said the blind master, “is integrity.”

To Your Health! Defensive Dining

Part of a healthy lifestyle is following proper food handling and preparation guidelines.

Food poisoning occurs more often than one might think. The occasional ‘stomach flu’ sufferer usually is a victim of eating potato or egg salad left out too long or eating under-cooked chicken. Symptoms may begin within 12 hours after consuming the tainted food and last a few to several days.

Typical symptoms include nausea, fever, headache, stomach pain and diarrhea. The key to preventing the growth of food poisoning bacteria at home is to use good storing, handling and cooking practices. Keep these guidelines in mind when dining out as well.

Storing & Handling:

- ◆ Freeze or refrigerate perishable foods after purchasing.
- ◆ Keep your refrigerator setting below 40°F (4.4°C).
- ◆ Wash your hands with soap and hot water before and after handling food. Cutting surfaces and tools should also be washed thoroughly.
- ◆ Don’t rely on the appearance of food to know if it is safe. Bacteria often doesn’t affect the smell or taste of food.

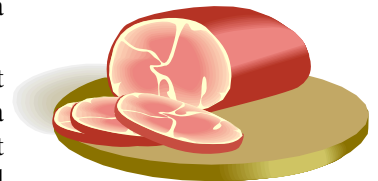
Cooking Properly:

- ◆ Food MUST reach 160°F to kill most bacteria.
- ◆ Meat cooked rare is risky. Red meats should be brown or gray throughout, chicken opaque, while fish should flake with a fork.
- ◆ Don’t interrupt cooking. Bacteria can develop that won’t be destroyed by further cooking.
- ◆ Never leave food out at room temperature for more than 2 hours.

Treating Food Poisoning:

- ◆ Drink plenty of fluids, like water or diluted juice, to replace those lost during diarrhea or vomiting.
- ◆ If severe cramps or any violent reactions occur, a doctor should be notified immediately.

The summer months can be filled with many fun-filled events. With proper care, food poisoning won’t spoil any of the fun.



PRIVILEGE REQUIRES RESPONSIBILITY

The Choong Sil philosophy states that each new privilege presents new challenges and new responsibilities. Perhaps the greatest privilege in Taekwondo is to be an instructor. Nothing is more satisfying to an instructor than the opportunity to share our art with others. However, the position of senior student or instructor also carries with it a heavy load of responsibility.

This month's theme is Integrity. All instructors should set the example for their students by always displaying the highest degree of Integrity and Honor. Otherwise, how will our students learn what we expect of them. An instructor must lead by example.

One of the privileges that an instructor receives is the respect and admiration of their stu-

An instructor without honor and integrity might take advantage of this in many inappropriate ways. They might put pressure on the students for favors—financial or personal. This would be totally inappropriate, however, without integrity, an instructor could easily be tempted to do so and a student might find it difficult to refuse.

An instructor also has the responsibility to provide his students with the best training of which he is capable. In order to do this, he must put their needs before his personal pleasures. The instructor owes it to his students to:

- ◆ Be on time and prepared for classes. We are trying to teach self-discipline, and an instructor who is late, unprepared or not properly dressed is not setting the proper example.

- ◆ Pay attention to what is going on in the class. An instructor cannot provide proper guidance if he is not watching what the students are doing.
- ◆ Insure the safety of the students in class. This requires constant monitoring and the use of good judgment as well as the enforcement of rules set up to safeguard the students.
- ◆ Continue his own training so that he can continue to learn new material that will benefit his students.
- ◆ Maintain his own personal fitness.

Each instructor hopes to earn the loyalty of his students as well. Again, the instructor must accept the responsibility to not abuse a student's loyalty. While it is appropriate for an instructor to occasionally request assistance from students, it is not appropriate to expect regular and continued assistance without remuneration.

CTF TOURNAMENTS 2008

Region 1

Aug. 23 - Single—rated
Dickson Middle School
Dickson, TN

Sept. 27 - Spar Wars: Double-Rated
Memphis, TN

Nov. 8 or 15* - CTF Nationals
Memphis, TN

- This date is UNCONFIRMED.

FALL TAEKWONDO CAMP at CAMP CHOONG SIL LIMESTONE, AR

October 17-19, 2008

Cost: \$100 per person or \$150 per couple

