



# CTF Sidekick News

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## Courtesy

The first four letters in courtesy are "COUR". These are also the first four letters of courage. It takes a little extra effort to be courteous—a smile, a handshake, saying "Thank you" and "Yes, sir" or "Yes, ma'am". This effort can be described as courage—being courteous, whether other people are or not. Courage is also what a person does within to better himself as well as others. It takes courage to work out every day. We, as higher rank students and instructors, provide Inspiration for the lower ranks and children. This Inspiration, in turn, lets the lower ranks and children have the courage to be courteous. They have the Imagination to be like the higher ranks and instructors. The courtesy they see extended to each other in and out of the school soon becomes a part of their everyday life. Others outside of the school soon quickly take notice of the student's newfound behavior. Family members and close friends have even been brought into Tae Kwon Do classes just to investigate, with admiration, how these changes take place.

Working out regularly exhausts pent-up anxiety and frustration, thus making a student slow to anger, and making it surprisingly easy for the student to be courteous. He, through repetition, builds confidence to continue being courteous. He learns that it is really contagious, and that soon he is providing Inspiration for a lower rank than himself to be courteous. This is the joy and reward of Tae Kwon Do. Good mannerisms are recognized worldwide, not as weakness, but as courageous acts. Courageous acts are not soon forgotten. So, have the courage to inspire someone with courtesy. As the Bible says, "Train a child in the way he should go, and when he is old he will not turn from it." Remember that a child is a blank tape who listens and records everything around him. These are the facts that a child refers to for making decisions later in life. Courtesy is, after all, that expression of inner spirit and modesty that is reflected in our everyday lives. Remember courtesy and courage. They start with the same four letters.

*Thanks to Mark Needham, 4th degree Black Belt, Lurton, Arkansas, for his contribution of this article.*

# Twelve Concepts - Reaction Force

How many times have you heard your instructor say, "Pull back hard on your other" arm when you are punching or "Make sure you complete your punch when your foot hits the ground"? These statements are examples of your instructor trying to teach you to take advantage of the concept of Reaction Force.

There are three types of Reaction Force -

Rebound Reaction Force, Fulcrum Reaction Force and Shock Reaction Force.

**Rebound Reaction Force** refers to the increased power we can generate by matching the timing of our technique to our weight drop. Weight drop occurs either by bending our knees, stepping or even jumping. You may see the increase in your body mass by using a bathroom scale. Make a front stance and place your front foot on the scale. The scale should read at about 2/3 of your body weight. For example, if you weigh 150 lbs, the scale should read about 100 lbs. Now straighten the front knee and then rebend it, allowing your weight to drop. The scale should now read greater than it did before for a second. You may also notice an increase in weight just as you begin to straighten the leg. Take a step and land in your front stance with the front foot on the scale. The reading at the point of impact should be even greater. When your instructor tells you to match time between your technique and your step, he wants you to take advantage of this greater weight for stronger technique. As you can see from the scale, the interval when you can do so is very short so you must practice hard on the timing of this.

**Fulcrum Reaction Force** refers to the additional power generated by pulling back hard on the non-striking arm. Think of a seesaw. When you push down on one end, the other end goes up. When you jump on one end, the other end goes up faster. Our body acts like the fulcrum of the seesaw. When you pull back on one side, the other side goes forward. You may use this concept to increase the power of your punches, ridgehands and other inward motion strikes and blocks. This concept does not work on outward motion techniques like the knifehand or backfist though. Can you see why not? What if you had two people of equal weight jump on opposite ends of the see saw at the same time. You would probably break the seesaw. By pulling back the opposite arm when the striking arm is traveling outward, you are pulling against the technique, not with it. This will result in a reduction in power—not what you want!

**Shock Reaction Force** refers to the amount of power transferred at the time of contact. In order to maximize power, you want to transmit the maximum amount of power in the briefest amount of contact time. This concept explains why you don't break boards with a pushing technique. You always want to strike as quickly as possible to transmit power.


Experiment with the different types of Reaction Force and see how they can improve your technique and make it more powerful.

**TKD Trivia**

**Do you know?**

1. How many letters are in the Korean alphabet?
2. On what side of your belt are your rank stripes?
3. Why don't we wear shoes in the Dojang?

*(Answers on page 3.)*



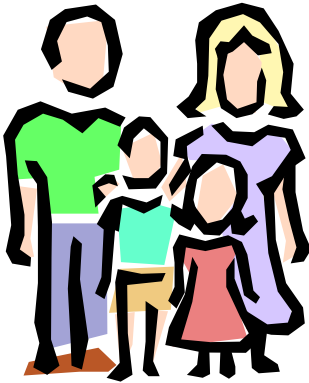
## Dear Parents:

### Boosting Your Kid's Self-Esteem

The following statements are proven boosters to kid's self-esteem. Keep a copy of this list where you can read it every day.

I listen to my kids and acknowledge their feelings.

I am clear and consistent about discipline. I use "I" statements to express my thoughts and feelings and I avoid "you" statements that blame, shame, label or ridicule my kids.



I use the same good manners with my kids that I would with an adult. This means saying "please" and "thank you".

My behavior with my kids leaves no doubt in their minds that they are loved.

I trust my kids and I always keep my promises, so my kids will trust me too. I don't make promises I can't keep.

I am quick to compliment my kids.

I am teaching my kids right from wrong.

I help my kids to set their own goals.

I understand that both my kids and I will make mistakes. I am not afraid to say "I'm sorry" when the mistake is mine.

I encourage my kids to be independent, but I make sure I'm available if they need me.

I am teaching my kids valuable lessons such as problem solving, communication, sharing and respect for themselves and others.

I honor each of my kids' unique abilities and personalities, allowing them to be different.

I encourage my kids to pursue what they're good at, not what I wish they were good at.

I refrain from comparing my kids to someone else, even to a sibling.

I take care of myself so I have plenty of energy for my kids.

# A SHORT HISTORY OF TAEKWONDO

Although recently introduced to the Western World, Taekwon-Do has for centuries been an integral part of Korean Society. Not only is it an important part of Korean culture and heritage, it is also, in every sense of the word, a martial art, practiced throughout Korea on the military training fields, and in the gymnasiums of all of the high schools and universities

Translated literally, Taekwon-do means "Art of hand and foot fighting." It is the scientific use of the body in methods of self-defense, a body that has gained the ultimate use of its facilities through intensive physical and mental training. It is a martial art that has no equal in either power or technique. Though it is a martial art, its discipline, techniques and mental training are the mortar for building a strong sense of justice, fortitude, humility, and resolve. ***It is the mental conditioning that separates the true practitioner from the sensationalist content with mastering only the fighting aspects of the art.***

Throughout the world, there are numerous styles of "hand and foot fighting." In China it is given the names Koon-Tao, Kung Fu, or Daeji-Chen; in Japan, Karate or Kempo; in Malaysia, Basilat; in Thailand, Kick Boxing; in France, Savate; and in India, Selambam. Some of these forms of self-defense are as old as mankind itself, and it would be impossible to trace the hand and foot fighting of today back to any single beginning. There are certainly many legends regarding the origin of hand and foot fighting, and too often, some let legend be accepted as truth.

#### TKD Trivia answers:

1. 24 letters
2. Right side.
3. The removal of the shoes signifies leaving our worldly cares behind.

# 2008 USTL NATIONAL TOURNAMENT

**Renaissance Center  
Detroit, Michigan  
July 10-12, 2008**



## Schedule of Events

Thursday, July 10th 12 PM - 86PM Athletes' Check-in  
5 PM FREE Clinic for Coaches & Officials  
Friday, July 11th 7:30 AM Gate Opens  
9 AM Opening Ceremonies - Competition begins  
Saturday, July 12th - 9 AM Competition Begins

**WE ARE STILL ACCEPTING  
COMPETITORS &  
OFFICIALS REGISTRATIONS  
BY MAIL**

**Until June 27, 2008**

***On-time registration deadline is  
June 4th***

**HOTEL ROOMS ARE GOING FAST-**

**Reserve your room now!**

**Special USTL rate of \$119 is good un-  
til June 26th.**

1-800-228-9290 or 1-734-487-2000  
or on-line at <http://marriott.com/DTWYS>

*2008 Applications and Tournament Rules as well as other information is avail-  
able from your instructor or on the USTL page of the CTF website at  
[www.choongsil.com/html/ustil.html](http://www.choongsil.com/html/ustil.html).*



# CTF TOURNAMENTS

## Camps



2008 Black Belt Camps

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

**FALL CAMP**  
Limestone, AR  
October 17th - 19th

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

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

**CTF NATIONALS**  
**MEMPHIS, TN**  
**NOVEMBER 15, 2008\***

*\* The Date is Unconfirmed at this time.*

**For more information on any of  
these events, including registration  
forms or other information**



**Check on the CTF website  
[www.choongsil.com](http://www.choongsil.com)**