

# CTF SideKick News



## Loyalty Be true to those who are true to you!

Loyalty to others is a concept that grows from our obligation to those who have given us much more than we can repay. An individual should be loyal to different individuals such as their parents, teachers, other family members and friends.

Our relationship to our parents is very special in that they have given us the gift of life, as well as made many sacrifices to help us become mature and individual adults with a strong sense of values. These are debts which we can never completely repay, therefore, we owe them our loyalty and respect.

Our teachers give us their time and knowledge; our family members are there to support us with their help when we need it and to help us celebrate our successes; and our friends should receive our loyalty in exchange for theirs.

Loyalty has been very important throughout history. It is the glue that keeps families, communities and countries together.

### **HOW DOES LOYALTY RELATE TO TAEKWONDO?**

When you choose to train at a particular Taekwondo school, you are assuming an obligation of loyalty to your primary instructor and to the school. You also should respect and show loyalty to the other instructors in the school.

The school itself is a community of different individuals with a common interest. By training with this group we are the recipients of knowledge for which their is an unlimited value. By being involved with the school and helping out, you are showing your loyalty to your school.

Your instructor gives you much more than a little of their time. They are helping you to learn valuable skills, strength your character, build your confidence and learn about yourself. Instructors pass on the art partly from their love of the art and teaching others, but also from

their sense of loyalty to their instructors and the others who preceded them. Taekwondo has been passed down through the centuries in this way.

Once you achieve the rank of Black Belt, you will receive additional privileges, but you also assume the responsibilities of leadership and passing on what you have learned to the next generation.

### **HOW DO I SHOW MY LOYALTY TO MY INSTRUCTOR?**

Respect and trust your instructor. Learn to follow his directions without argument. He is your instructor because he has much more experience, training and knowledge than you. This does not mean to trust blindly. You should not allow anyone to force you to compromise your values. The Tenets of Taekwondo provided us with an ethical standard that everyone should live up to.

As a member of the CTF, you have the privilege of training with other member schools and instructors. This privilege is very useful whenever you travel and cannot attend your regular school. The does not mean that you can go anywhere you please however. Remember to follow these rules regarding training with other schools.

1) **NEVER TRAIN AT A RIVAL SCHOOL.** This is a definite act of disloyalty.

2) **ALWAYS ASK YOUR INSTRUCTOR'S PERMISSION FIRST.**

3) **ASK PERMISSION OF YOUR GUEST INSTRUCTOR.** It is best if your instructor makes the arrangements for you.

4) This privilege is intended to be an occasional thing. You should not abuse it by training frequently with other schools.

No matter where you train occasionally, remember that you owe your first loyalty to your instructor. Always seek their approval and advice regarding any training decisions you make.

# PATRIOTISM

## WHAT IS PATRIOTISM?

Patriotism is loyalty to one's country. A patriot is someone who gives a great deal for their country. Our country was founded by a group of very devoted patriots like George Washington and Thomas Jefferson. July 4th is our country's 223rd birthday when we celebrate the birth of our country and give thanks for the many brave patriots who made our country great. This is an occasion for great celebration as we celebrate the beginning of the United States of America. We will wave flags, watch fireworks and have fun, but how many of us will really consider the importance of patriotism.

Loyalty to our country is something we learn in elementary school, but how many of us are truly willing to sacrifice for the common good of our country? This is the true meaning of patriotism - putting the common good above our personal needs.

You too can be a patriot. First, always show respect for your country and its flag. Appreciate the good things about living in the United States. If you are eligible, VOTE! Perhaps you can donate some of your time to help your community. If nothing else, be aware of what is happening in your country and give your input through voting or writing to your elected representatives.

Taekwondo first began in ancient Korea with a group of youthful warriors, the Hwarang. This group of the elite young men of Korea adhered rigidly to their code of loyalty.

1. Be loyal to your king.
2. Be obedient to your parents.
3. Be honorable to your friends.
4. Never retreat in battle.

As you can see, their code was that of a warrior, as befitted a land that was constantly the focus of invasions. The strength they derived from their respect to their code enabled them to attain feats of valor that became legendary. Many of these brave young men were as young as fourteen or fifteen years old. Their code put patriotism, loyalty to their country, first.

In today's society, we rarely see young men and women called to war, however, there are other ways that we can serve our country. As

President John F. Kennedy said, *"Ask not what your country can do for you, but rather, what you can do for your country."*

Loyalty extends not only to your country, but also to family and friends. These are the people who will sacrifice for you. Will you do the same for them?

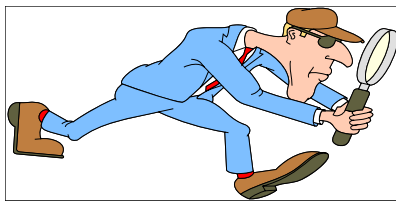
It is important to remember that *loyalty is not blind*. Being loyal to someone does not mean blindly accepting their word as law when what they do or ask violates integrity. In a circumstance like this, your best act of loyalty would be to help them see the error of their idea and to follow a different path.

A good example of this is the founding of our country. When George Washington, Thomas Jefferson and the other American patriots banded together and rebelled against the English King, it was not out of disloyalty, but only after they had tried many times to show the English King and Parliament how unjustly they were treating the American colonies. When they were unable to change the English, the patriots followed their principles of integrity and rebelled against England. These men were true patriots and willing to die for their beliefs. Many did in the American Revolution, but from this, our great country was born. You could say that our country was founded on the belief that high principles and the freedom of man are most important.

Admiral Yi Soon Sin, (also called Choong Moo) demonstrated great loyalty to his king. He was perhaps Korea's greatest admiral and fought the Japanese invaders diligently. He was almost always outnumbered but still managed to defeat the Japanese. During the wars, he lost his family and was imprisoned by corrupt politicians, but he still remained loyal. When his King released him from prison and told him to fight, not as a powerful admiral but as a common foot soldier, he did. When his King later put him in charge of a Navy without ships or men, he rebuilt the Korean Navy and again began defeating the Japanese. He fought until his death as one of Korea's greatest heroes.

As you celebrate our Nation's birthday this Fourth of July, stop to think a little about the importance of the rights we have, the importance of loyalty and patriotism, and about the patriots who dedicated their lives to independence and high principles. Consider how you can demonstrate your loyalty.

## TKD Trivia



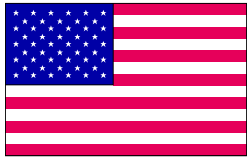
### Do you know?

1. On what day did the American Patriots declare their independence from Great Britain?
2. On what day did 33 Korean Patriots band together for their struggle for independence from the modern day Japanese occupation?
3. What patterns are named for the Korean Patriots in question 2 above?

(Answers found on page 4)

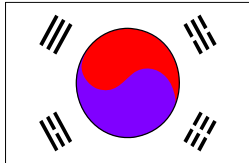


In the Korean language  
"Ku Man"  
means  
"enough"  
or "stop"



# U.S. Flag

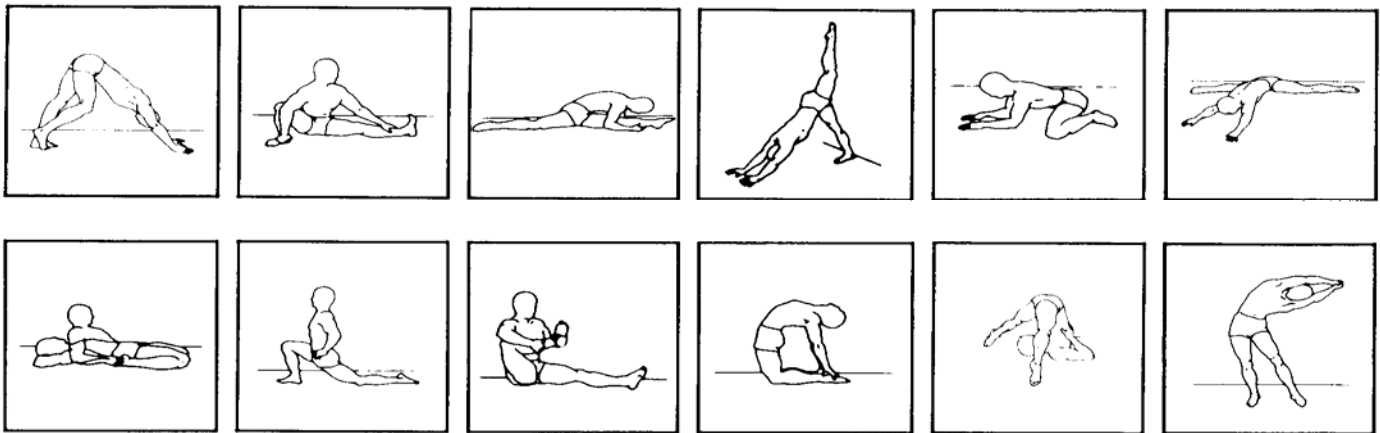
The Stars and Stripes, also called Old Glory, is the flag of the United States; the 50 stars on a field of blue represent the 50 states now in the Union, and the 13 red and white stripes represent the 13 original colonies (Connecticut, Delaware, Georgia, Maryland, Massachusetts, New Hampshire, New Jersey, New York, North Carolina, Pennsylvania, Rhode Island, South Carolina and Virginia).



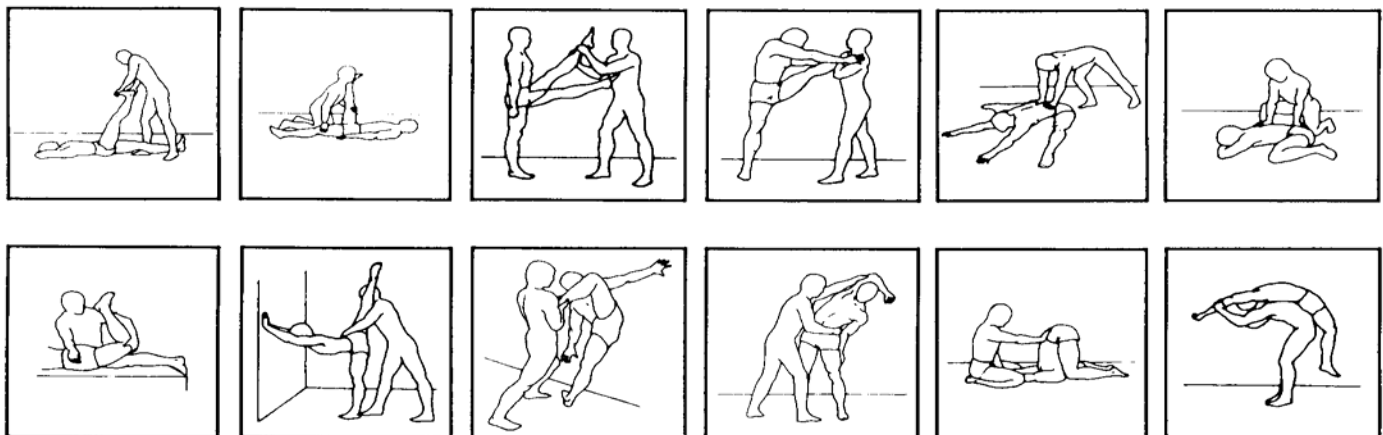
# Korean Flag

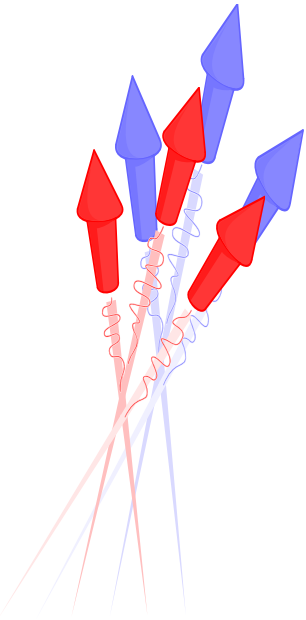
The white background represents 'purity' or the Buddhist concept of 'emptiness'. In the center lies a Taegeuk, the Taoist symbol of balance or harmony between opposites. The red top half represents Yang (heaven, day, male, heat, active, construction, etc.). The blue lower half represents Yin (earth, night, female, cold, passive, destruction, etc.) The three lines at each corner, known as trigrams, represent the Classic of Changes. The three unbroken bars symbolize Heaven-Creative, while the opposite three broken bars symbolize Earth-Receptive. The trigram in the upper right corner is Water-Treacherous-Danger, and in the opposite corner lies Fire-Loyal-Love.

## Most Beneficial Stretches for Beginning Martial Artists



## Most Beneficial Stretches for Advanced Martial Artists





# Columbia Tournament

August 11, 2007

Battle Ground Academy

Columbia, Tennessee

Region I - Single-rated

## FALL BLACK BELT CAMP

at

CAMP CHOONG SIL

LIMESTONE, AR

OCTOBER 12-14



## CTF TOURNAMENTS

July 6-7 - USTL Nationals

St. Benedicts

Memphis, TN

You may still register at the Athlete's Check-in on July 5th or at the gate!

Sept. 22\* - Spar Wars - Double-rated

Memphis, TN

Nov. 10\* - National Championships

Nashville, TN

*THE CTF WISHES  
THE BEST OF LUCK TO OUR 2007  
USTL NATIONAL TOURNAMENT  
COMPETITORS WHO WILL BE REPRESENTING US IN MEMPHIS ON  
JULY 6TH & 7TH*



### TKD Trivia answers

1. July 4, 1776.
2. March 1, 1919. (See Sam-II)
3. Do San - Ahn Chang Ho  
Eui-Am - Son Byong Hi  
Ko-Dang - Cho Man Sik