



# SideKick News

Volume 12 Issue 9

September 2007

Page

## PERSEVERANCE

### *Working for Your Black Belt!*

Perseverance is the stuff Black Belts are made of! Working toward your Black Belt is a process that lasts several years. It is not always a smooth road, either. All students will experience a few bumps in the road when the training becomes more difficult or perhaps your schedule outside Taekwondo becomes more hectic. Perseverance is what keeps us training.

When a new student begins taking Taekwondo, everything is new and exciting. They can see progress every day as they learn new techniques. As we work towards Black Belt, however, we must not only learn the basics of how to do a technique, we must also work on many small details of that technique to make it the best we can. This takes a lot of training time and effort. It takes an average of almost two years just to develop all the muscles it takes to do a sidekick!

# Perfect practice makes perfect! □

The only way to make technique strong is to practice. This means going to class regularly. In order to learn all your material and progress at an average pace, colored belts need to attend class two to three times a week. You should also practice on your own. It is not

just to show up for class. You must come to class ready to learn and eager to put 100% effort into everything you do. This is how you become better and stronger. Be sure that you practice doing things in the proper way. Do not continue if you are too tired or distracted to do it properly because you will only be training to do it improperly. Remember - *Only perfect practice makes perfect!* If you follow this schedule, you should be well prepared for your testings.

Regular training is the key to success in Taekwondo. In Taekwondo, it isn't possible to cram for a test. Don't try to come to class two weeks before testing after missing several weeks and expect to be prepared for anything but failure. When we don't train, our muscles quickly lose their tone and their memory. This means we have to start over after every long absence. If you must be gone for a while,



remember to practice on your own so you will not lose ground while you are away. One of the benefits of being a member of the Choong Sil Taekwondo Federation is that

you may train in any CTF school while traveling. Check with your instructor or call the CTF office to find out if there is a CTF school where you are traveling!

Good luck on your quest for Black Belt! Don't forget that it isn't a race to Black Belt, but rather a process that can't be hurried and can only be earned through perseverance and hard work.

# MOTIVATION

## WHAT MOTIVATES YOU?

People are motivated by different things. However, motivational factors can be simply classified as coming from outside yourself or from inside. They can also be positive or negative.

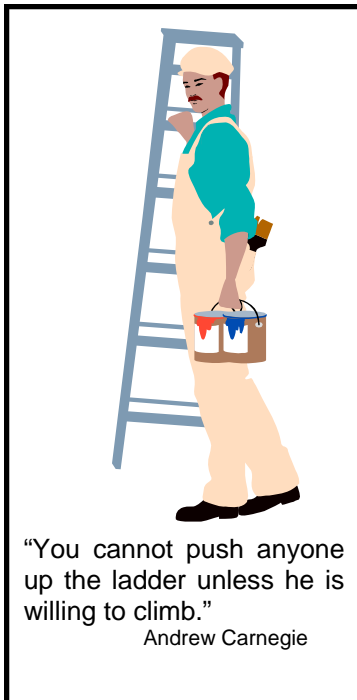
If you are motivated to do your homework because you feel good about making an "A," then you are *self-motivated in a positive way*.

If you are motivated to do your homework because you would be so embarrassed or ashamed by a poor grade, then you are *self-motivated in a negative way*.

If you do your homework because your parents will pay you for good grades, then you are motivated from *outside in a positive way*.

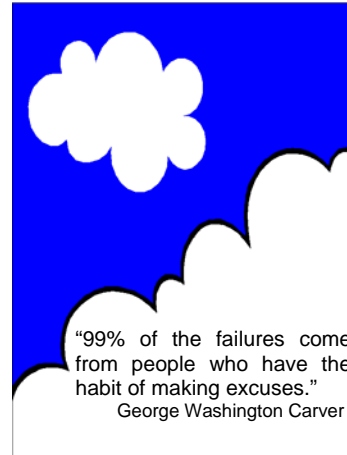
If you do your homework only because your parents will punish you if you don't, then you are motivated by *outside negative forces*.

Positive motivation produces happier, more satisfied people. Internal motivation builds successful people. When we consider this, it is easy to see that positive, self-motivation is the best form of motivation.



Taekwondo helps us develop into positive, self-motivated people by teaching us to set reasonable and achievable goals. Each time we reach one of these goals, we experience the satisfaction of doing so and move closer to achieving bigger goals. Since participating in martial arts is your choice, all motivation must come from within you. This means you are developing into a positive, self-motivated person.

## Every cloud has a silver lining! Can you see it?



The ability to think positively comes easily to some people, but many others must work at developing a positive attitude. Think about how you react to things. If you are blaming others or outside factors, **c o n s t a n t l y** complaining or never satisfied, look at how you view things.

*When your grades are not great, do you*

- blame your teacher for being unfair or too hard.
- decide you just weren't feeling well when you took your exam, or
- think, I should have studied harder and will next grading period?

*When you don't get the raise you want at work, do you*

- complain that your boss plays favorites,
- complain that the company is just too cheap to pay you what you think you are worth,
- decide to work much harder and prove what you are worth to your boss.

*When you are driving in traffic, do you*

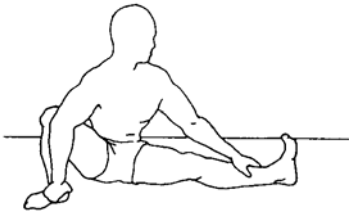
- speed up so cars can't cut in front of you,
- fuss and complain about all the stupid drivers on the road or,
- stop to let a car enter your lane.

If you answered (a) or (b) to these questions, this could indicate that you have a negative approach to problems. If you think (c) is your answer, then you are in control of your attitude and can face difficulties with a positive approach. You have taken responsibility for your prior actions, identified what you could have done better, and resolved to do so next time.

Think about how you approach life's problems. Change your attitude to accept responsibility for the result of your past actions. Remember, the only person you have the power to change is YOU! This will then enable you to overcome any obstacle to success.

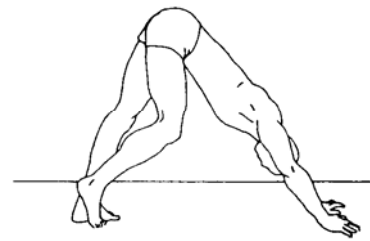
# Proper Stretching:

In the earlier issues, we showed you stretches for beginning and advanced martial artists. Below are some more stretches you may use to warm up muscles and improve flexibility.



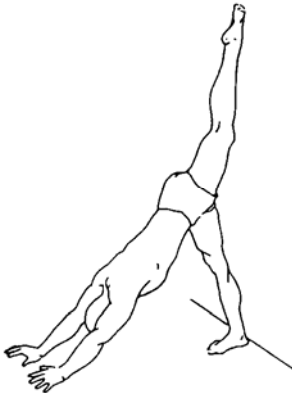
1. Assume a squat position with your weight on the flexed right knee, the foot flat on the ground, and the left leg extended sideways.
2. Grasp the right ankle with your right hand and the left ankle with your left hand.
3. Exhale, and slowly lower your chest to your left thigh.
4. Hold the stretch and relax.

■ This exercise is considered fundamental to the martial arts. However, for most lay persons there are alternative stretches that safely accomplish the same purpose.



1. Assume a front prone support (push-up) position.
2. Move your hands closer to your feet to raise your hips and form a triangle. This position can also be modified by resting your elbows and/or head on the floor.
3. At the highest point of the triangle, slowly press your heels to the floor, or in an alternating manner flex one knee while keeping your opposite leg extended.

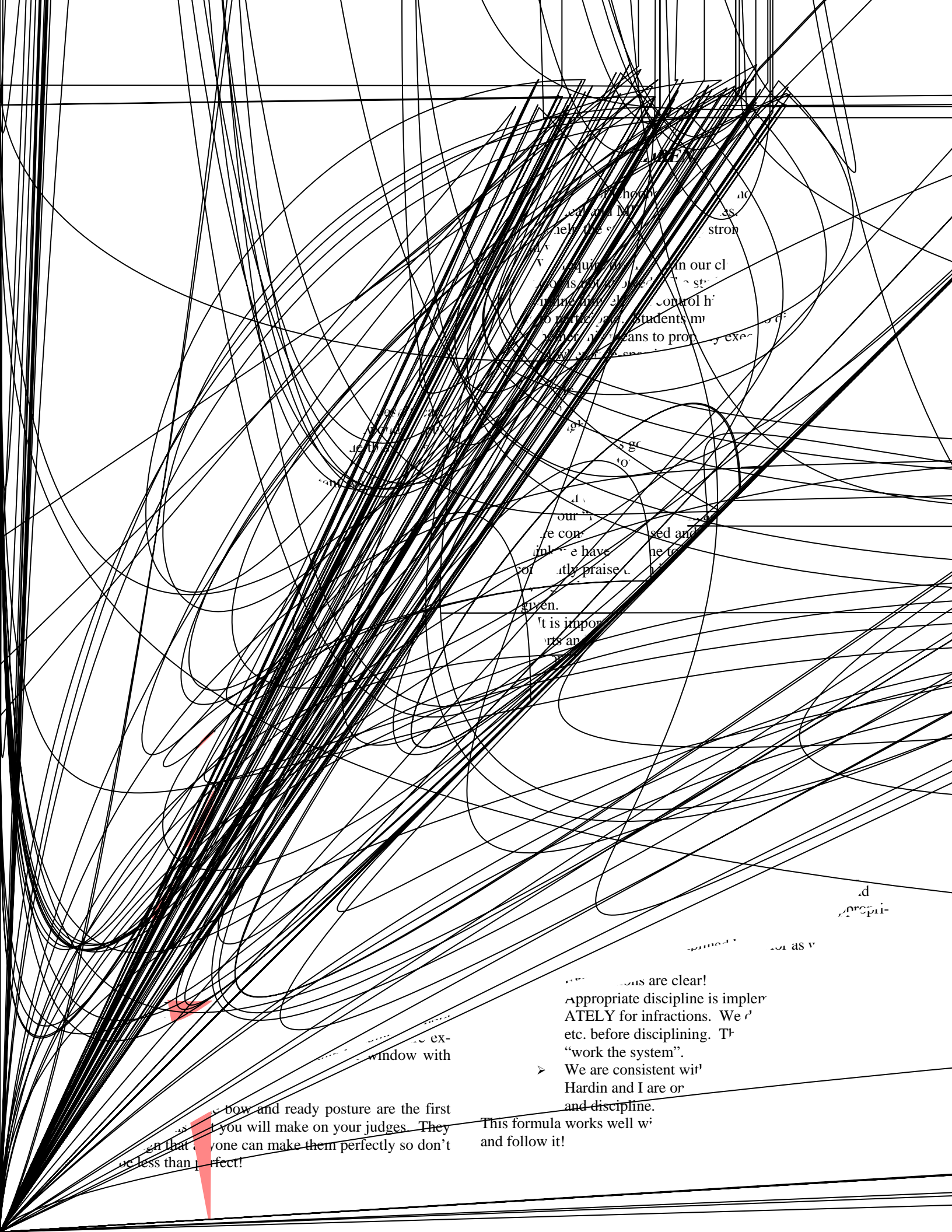
▼ The latter method is commonly employed in a ballistic or rhythmic manner that could result in soreness.



1. Stand upright with your back approximately 1 foot from a wall.
2. Place your hands on the floor for balance and support as you raise one leg against the wall.
3. Exhale, and slowly slide your leg upward against the wall until you attain the split position with your legs straight and hips squared.
4. Hold the stretch and relax.



1. Assume a split position.
2. Exhale, extend the upper torso, and lower your chest onto the forward thigh.
3. Hold the stretch and relax.



...hobby...  
...and...  
...the...  
...strong...  
...our cl...  
...control h...  
...Students m...  
...means to prop...  
...exer...

...our...  
...re con...  
...imply...  
...praise...  
...given.

It is impor...  
...rs an...

...d  
...propri-

...as v

...ous are clear!  
Appropriate discipline is impler  
ATELY for infractions. We r'  
etc. before disciplining. Th'  
"work the system".  
➤ We are consistent wir'  
Hardin and I are or  
and discipline.

This formula works well w'  
and follow it!

...bow and ready posture are the first  
...you will make on your judges. They  
...en that...one can make them perfectly so don't  
...be less than...fect!

...ex-  
...window with



I, like many Americans, have spent the last couple of weeks watching the performances of the many highly gifted and highly trained athletes who competed in Athens, Greece in the 2004 Summer Olympic Games. Anyone who has watched the intensely competitive events can appreciate the excellence of all the athletes who were able to compete in the Games.

I remember thinking on a number of occasions that perhaps we put way too much emphasis on winning "gold" or "1st place". Usually the difference between 1st place and 4th, 5th or even 10th place was measured in only a few points or less than a second. I was sorry the media made such a big deal of our Men's 400m relay team NOT winning the gold as we have done in the past even though they earned a silver medal with a time only 1/100 of a second behind the gold! I was thankful NOT to have to try and judge between the many excellent athletes who competed. They were all so good and so motivated.

As an aging athlete myself, I think perhaps I had the most empathy for some of the "older" veterans who were competing for the last time at the end of a wonderful career. Just the other day as Rulon Gardner left his shoes in the ring as a symbol of his retirement and as Mia Hamm and her veteran teammates passed the reigns of women's soccer to a new generation. I don't remember half the names, but I remember their spirit like the 44 year old woman who was racing against all the odds in something. These were people who took the time from their already busy lives with jobs and children of their own to train for hours every day just for the joy of competition. Many of them didn't win medals but all of them earned a lot of respect and that, in my book, is what it is all about. I respect and admire their discipline, dedication, years of hard work and sacrifice just to rise to level to compete in the Olympic Games.

The Olympics can serve as a goal for many young athletes, inspiring them to develop discipline and a strong work ethic but it also can serve as inspiration to us as older adults, too, when we see the depth of inspiration and discipline exhibited by some of the older athletes.

*\*\* Reprinted from the September 2004 Sidekick News \*\**

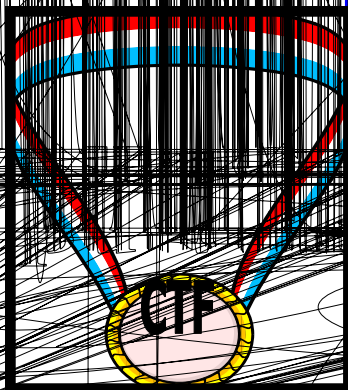
*Anything is possible if you put in enough effort in the time and effort to reach for it.*

# CTF TOURNAMENTS 2007

Sept. 12 - 4 Spar Wars (Double Rated)  
St. Benedict's High School  
Memphis, TN

Nov. 7 -  
Cape Girardeau, MO

March 2008



FALL TAEKWONDO CAMP  
AT  
CAMP CHOONG SI  
LIVESTONE, AR

OCTOBER 12-14, 2007

