

2008

May Taekwondo 2008 Newsletter

MAY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

17th – Woodland Heights Demo
26th – Memorial Day

JUNE

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

11 – Davidson Library Demonstration
15 – Father's Day
26th – 28 – Black Belt Camp

JULY

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

4th – Independence Day

No classes: May 26 (Memorial Day) June 26– June 29th (Black Belt Camp) July 4th (Independence Day)

No Night Adult Classes: May 30 & July 11 (Testing)

No Night Black Belt Classes or Adult Classes: June 4 & July 16 (Award Ceremony)

May 30 & July 11– Testing: Register by the Wed. before testing or there will be a \$15 late fee (Late fee does not apply to students who do not have all 4 stripes) All students who plans to test for Black Belt will need to register two weeks in advance.

WHERE: Lake Norman Taekwondo

TIME: White to Black Belts at 6:30pm

Wear complete full uniform (no colored pants or T-shirt) NO ADULT Classes. Check the registration form for prices

Special Demonstration by Mr. Church from Maryville Tn. on May 31st.

May 17th (Woodland Heights Elementary) Practice will be at 11am at the school. Demo will be at 1 to 1:30pm

June 11th (Davidson Public Library) Demo will be around 10am

Please sign up at counter. We will be doing 2 demonstrations. All ranks and ages are welcome to attend.

May 31-Taekwondo Clinic by Mr. David Church (Required for all Adults and Jr. Orange belts and higher who plan to test)

WHERE: Lake Norman Taekwondo

TIME: Junior's – 12pm Adults – 1pm

All students are suggested to come to watch. Junior Orange belts and higher with gear may participate. All Adults with gear are encouraged to participate. Remember to bring your gear.

June 4 & July 16 – Award Ceremony & Academic Stars: NO EVENING BLACK BELT AND ADULT CLASSES

WHERE: Lake Norman Taekwondo

TIME: 6:30pm

Wear complete full uniform (no colored pants or T-shirt) Bring a friend to celebrate your achievement.

Please turn in report cards or progress reports by the Monday before the Award Ceremony

June 26 –June 29- Black Belt Camp (There will be no classes these dates)

WHERE: Berry College, Rome, Ga.

All black belt students should plan on going to this camp. It is an annual event that is a fun, safe, exciting and educational experience for all attending. This camp is reserved for black belts only, a rare privilege, and is yet another reason to attend! Turn in your registration form ASAP. We will be trying to do several fundraisers to help the cost of camp.

July 19 –Regional Tournament Raleigh, NC

WHERE: Ravenscroft School (Gymnasium), 7409 Falls of Neuse Road, Raleigh, NC 27613

Wear complete full uniform (no colored pants or T-shirt). Check the registration form for prices.

Here are some things not to forget

- **Only Martial Arts T-shirts & Red Taekwondo America gear** can be worn to class. If you don't own a Taekwondo T-shirt you can purchase one at the school for \$18.00 each.
- Please **NO SHOES** on the Taekwondo floor. The grease, oil, and dirt from the parking lot will ruin the mats!
- Some students are out growing their footgear (just like their shoes). Parents, you need to purchase your child a new set of footgear if your child's toes are protruding past the end of the gear. It is a liability.
- Please keep your hands, feet and faces of the walls, glass and mirrors.
- Please pick up after yourselves.
- **Write your name on you safety gear** with a permanent magic marker. We are unable to locate gear and return it to the proper owner without the name written on it. Please write your name on the outside of each piece as sweat erases it on the inside.
- **Personalize your gear bag.** Too many are being carried off by mistake!
- Parents please hem the pants of your child's uniform. It is neater, will extend the life of the uniform, and will no longer be a distraction to your child while in class.
- Men & boys wear your groin protector to class. Sparring without one is not an option!
- Gentleman, watch the contact to the chest of our lady partners. Kicking them in the chest is no different than you being kicked in the groin, so don't do it.
- Wearing a mouth piece is not an option. **Just do it!**

Quote of the Month

“To Teach Me you must move me” Bruce Lee

THE END IS ONLY THE BEGINNING

Whether adult or child, people are so fixated on the “ultimate” goal of obtaining a black belt that many forget that this is not the end, but only the beginning of the journey. The reward is the journey itself. And while one part of the journey has ended, the other has only just begun. With nine degrees and well over 19 sub ranks of black belt, there is more to learn after earning a black belt than was learned in getting a black belt.

Black belt students have learned only the basics of Taekwondo and this does not mean they have mastered Taekwondo. There is still much more to learn and even greater challenges that lie ahead. Instead of being taught incremental spoonfuls of knowledge like at the lower colored belts, a black belt takes the knowledge he/she has achieved along the way and with the new material he/she is being taught, learns to make these new techniques his or her own. As a black belts student does this, gone are the conscious thoughts of block, kick, strike. Reflexes become honed to a fine edge and movement becomes automatic. The mind becomes less cluttered and instinct becomes the norm. In other words one becomes one with art. It’s like learning to ride a bike or drive a car. We become focused on the operation of the vehicle. Once we have mastered that skill we become less focused on the operation of said vehicle and more focused on the destination.

You have passed the learners permit stage or dropped the training wheels. Now you have a license. Yet this is only enough to get you into trouble. For anyone that has had a license for a long time will tell you that it takes a long time to master its use. So in many ways getting a black belt is like getting your drivers license.

“MORE THAN JUST A COMPETITION”

When going to tournaments I have responsibilities. These responsibilities vary from judging, breaking up division, and just helping run things. I am a very busy man come tournament day and usually end up with a headache before it’s all over. But no matter what I am doing I try and stop to watch my students compete if time allows. I watch them in order to positively criticize them with hopes of making them better technicians. I know I would be wrong not to support them and share this experience with them in this manner. It is a bonding experience and I for one know the feeling one gets from having their instructor support them in just such a manner.

The excitement, the rush, and the joy of even being there at a tournament watching these students develop as martial artist makes it all worth while. Tournaments are more than a competition they are a great bonding opportunity with the greatest experience not occurring in the rings themselves but out side them. It is this opportunity to bond with other individuals from other schools in the area and around the country that makes them so exciting. So next time don’t just go to compete, go to meet people. Tournaments are so much more than just a competition. They are a chance to bond with your fellow students and instructors. They are a chance for individuals to grow.

SHOULD YOU COMPETE IN A TOURNAMENT?

Well anyone that goes to a Taekwondo America tournament has something in common with every one else that goes and that’s *a passion for excitement!* Taekwondo America tournaments are not about winning or losing. They are about doing your best and trying your hardest. They are about setting goals and working hard towards them. They are about having fun. With a tournament as a focal point in your training you perform better in class. Taekwondo America tournaments push the individuals to new heights both mentally and physically. They provide a positive and challenging level of competition in a safe and fun environment. These same tournaments are an important part of each students training. As instructors our goal at every Taekwondo America tournament is to ensure that every participant has fun and learns sportsmanship, as well as valuable practical self-defense skills that can only be learned in a tournament setting. At all our events, all competitors are winners and they learn valuable lessons such as:

***Motivation-** In one tournament day you/your child will see more competitive sparring and forms than they will see in an entire year of class.

***Self-Esteem-** every tournament competitor is a winner and is treated as such. Spirit medals are given to those that don’t place just for trying and having a “yes I can” attitude.

***Attitude-** competition brings out the best in people (and the worst in others). Some of my best/top competitors are the ones that never miss a tournament. These same individuals demonstrate positive thinking and great sportsmanship.

***Pride-** with hard work and tremendous effort these same individuals did their very best. And with reflection they evaluate their performance with pride.

***Character-** Win, lose or draw, when a student does his/her best they are taught to have “no regrets” and should have none. Competition is a big part of everyday life and learning how to handle ones self in competition develops both inner strength and character.

So should you/your child participate in the Raleigh Regional tournament on July 19th? The answer is a simple, **yes!** As a student myself I attended as many of these events as possible. Not to win, but to make new friends and to learn. I have plenty of students here that participate in other sports like baseball and soccer, yet they don’t just go to practice only. They play the ball game, and compete in tournaments. If they didn’t they would soon lose interest and quit these others sports. Taekwondo is no different. Each and every class is a practice for the big game. Just ask any parent that has had an opportunity to participate in a Taekwondo America tournament and I am sure that you will hear nothing but positive feedback.