October 27, 2014 Volume 11 | Issue 4

S.D.Y. TAEKWON-DO

Halloween Party

On Thursday, October 30th, we will hold our annual Halloween party in place of the beginner level class from 6:45 PM - 7:45 PM. Students are encouraged to dress up in their costumes while we play games, solve puzzles, and enjoy snacks. Friends and siblings of our students are also welcome to join. The adult class will be held as normally scheduled.

Fall Fun Tournament

On Thursday, November 20th, SDY will be hosting its third annual Fall Fun Invitational Tournament. This event will take place instead of classes on this evening and will be held in the main gymnasium at the Willow Recreational Center in Hoffman Estates where we normally train.

This is a small-scale tournament that serves as a great competition introduction for newer students, and is also excellent practice for newer judges and referees. Registration forms are available in class and on our official website: www.sdytaekwondo.com

Tenets of TaeKwon-Do: Integrity

Needless to say, the success or failure of TaeKwon-Do training depends largely on how one observes and implements the tenets of TaeKwon-Do, which should serve as a guide for all serious students of the art.

In TaeKwon-Do, the word integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong and have the conscience, if wrong, to feel guilt. Listed are some examples where integrity is lacking:

1: The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2: The student who misrepresents herself by "fixing" breaking materials before demonstrations.
3: The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
4: The student who requests rank from an instructor, or attempts to purchase it.
5: The student who gains rank for ego purposes or the feeling of power.
6: The instructor who teaches and promotes her art for materialistic gains.
7: The student whose actions do not live up to his word.
8: The student who feels ashamed to seek opinions from her juniors.

Encyclopedia of TaeKwon-Do
Volume 1, Pages 15-16

Memorization Series

As the session progresses, be sure you are studying your memorization series, including series hand techniques (7), sparring series (10), and initial moves (6). Check your testing requirement sheet to find out how much of each series you will be expected to know at your test. Remember, if you can correctly demonstrate techniques beyond your requirements you can earn extra credit. Practice sheets for all series are available in class, and pictures and videos are available on our official website.

Take A Stance!

Charyot / Kyong Ye

Charyot is an attention position used before and after class. The feet form a 45º angle. Drop the fists down naturally, bending the elbow slightly with the fists closed. Eyes face the front, slightly above the horizon line. When bowing, bend the body 15º forward and keep your eyes forward.

Encyclopedia of TaeKwon-Do
Volume 2, Page 160

QUICK QUIZ

Beginner: On what moves should you ki-hop during fundamental exercises and patterns?

Intermediate: Describe the difference between combination kicking and consecutive kicking.

Advanced: Name three Korean Dynasties.

Quiz Rules:

- Beginner: Below Green Stripe | Intermediate: Green Stripe - Blue Belt | Advanced: Above Blue Belt
  You must answer all questions up to your rank level.
- Correct answers must be submitted to an instructor BEFORE the next newsletter is distributed to qualify for Student of the Year points. Quizzes are optional but strongly recommended.
- Answers can come from class, the SDY Student Handbook, or the Encyclopedia of TaeKwon-Do, available for free online at: www.bluecottagetkd.com/
- The previous issue's answers are always posted in the extended online edition of this newsletter, available for free on our official website: www.sdytaekwondo.com

www.sdytaekwondo.com

SDY on Facebook

TaeKwon-Do Encyclopedia

E-mail us at: Newsletter@sdytaekwondo.com

EXCLUSIVE ONLINE CONTENT

Theory of Power: Concentration

By applying the impact force onto the smallest target area, it will concentrate the force and therefore increase its effect. For example, the force of water coming out of a water hose is greater if the orifice is smaller. Conversely, the weight of a man spread out on snow shoes makes hardly any impression on the snow. The blows in TaeKwon-Do are often concentrated onto the edge of the open palm or to the crook of the fingers.

It is very important that you should not unleash all your strength at the beginning but gradually, and particularly at the point of contact with your opponent's body, the force must be so concentrated as to give a knock-out blow. That is to say, the shorter the time for the concentration, the greater will be the power of the blow. The utmost concentration is required in order to mobilize every muscle of the body onto the smallest target area simultaneously.

In conclusion, concentration is done in two ways: one is to concentrate every muscle of the body, particularly the bigger muscles around the hip and abdomen (which theoretically are slower than the smaller muscles of other parts of the body) towards the appropriate tool to be used at the proper time; the second way is to concentrate such mobilized muscles onto the opponent's vital spot. This is the reason why the hip and abdomen are jerked slightly before the hands and feet in any action, whether it be attack or defense.

Encyclopedia of TaeKwon-Do
Volume 2, Pages 20-23

Call for Submissions

SDY is a community and you are a part of it! Let your voice be heard. Do you have a black belt thesis you would like to share? An article? A question? A martial arts doodle? We want to know about it! Any and all submissions are welcome. For more information, please contact: Newletter@sdytaekwondo.com

The Breakdown

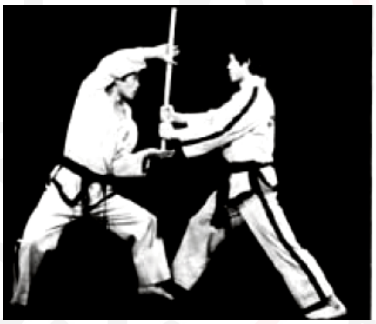
U-shape Grasp

This is a variation of a U-shape block, though the principle of the block is the same as that of a U-shape block. This technique is used to grasp and twist the attacking weapon immediately following the block.

Both fixed and L-stances are mostly employed though occasionally a rear foot stance is used.

Remember to keep the palm of the top hand facing upward at the moment of the block.

Encyclopedia of TaeKwon-Do
Volume 3, Page 309



Below: Incorrect. The lower elbow has failed to flush with the hip. This position is not only ineffective for grasping but the vital spot is open to an attack. The same thing is applicable to a U-shape block.

QUICK QUIZ ANSWERS

ANSWERS TO QUICK QUIZ FROM VOLUME 11 | ISSUE 3

Beginner: What country does Ju Jitsu originate from?

Ju Jitsu originates from Japan.

Intermediate: What are the meanings of the belt colors?

White: Signifies innocence, as that of a beginning student who has no previous knowledge of Tae Kwon-Do.
Yellow: Signifies the Earth from which a plant sprouts and takes root as the TaeKwon-Do foundation is being laid.
Green: Signifies the plant's growth as the TaeKwon-Do skill begins to develop.
Blue: Signifies the Heaven, towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.
Red: Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
Black: Opposite of white, therefore, signifying the maturity and proficiency in TaeKwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

Condensed Encyclopedia of TaeKwon-Do
Page 373

Advanced: There are officially 24 patterns, but 25 have been created. Which pattern was removed, and which pattern was added in its place?

Pattern Ko-Dang was removed and replaced with pattern Juche.

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