

S.D.Y. TAEKWON-DO



Happy New Year!

Welcome to all of our new students and your families. To our returning students, welcome back, and get ready for a great year!

We are excited to announce that SDY TaeKwon-Do is now available three nights of the week with the addition of Monday night classes. Our class continues to grow and improve because of all of your hard work and effort, so be proud of what you do, and we look forward to seeing you on the floor that much more often!

Gup Rank Testing Results

Congratulations to all of the candidates who participated in testing in December. This was not an easy test, nor was it designed to be easy. The following students earned promotions last session:

1st Yellow Stripe: Advitya Batta, Chauncey Broussard, Chelcey Broussard, Colin Devitt, Austin Lee, Tyler Matuszczak, Ethan Prill, Alexander VanAssche, Kody Walker, Robert Wilson, Andrew Yang, Brian Yang.

2nd Yellow Stripe: Alyssa Crum, Brandon Matuszczak, Jacob Mendez.

Yellow Belt: Connor Angell.

Yellow Belt White Stripe: Patrick Carmargo, John Emiliano, Kyle Frymire, Allura Magsino, Michal Sulka, Austin Tranchita, Cory Tranchita.

Green Stripe: Jeff Arndt, Emilia Ruszel, Christina Wood.

Green Belt: James Vargo.

Green Belt White Stripe: Arnav Batta, Kyle Scharm.

Black Stripe: Marc Malinowski.

High Test Scores:

Brandon Yang – Junior Class
Jeff Arndt – Adult Class

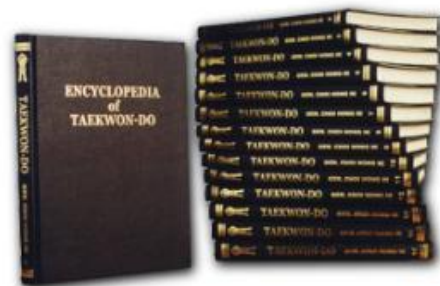
SDY Student of the Year

Last week a very surprised David Rossiaky was awarded the SDY Student of the Year award. He has elected to put the \$100 prize money towards buying the school a copy of the TaeKwon-Do Encyclopedia.

The SDY Student of the Year is the student who best demonstrates their dedication to being a martial artist through participation, ability, and technical knowledge as decided by the point system below:

Attendance: 1 point per class
Quick Quizzes: 3 points for a correct answer
Attending a seminar: 5 points
Attending SDY Night: 5 points
Entering a tournament: 5 points per event
Earning High Test Score: 10 points
Helping at a Demo Event: 10 points
Recruit a friend: 15 points

This is a brand new year, so everyone is in the running for the 2012 Student of the Year!



The full Encyclopedia of TaeKwon-Do is a 17 volume set, while the condensed edition is a "mere" 765 pages – if you were to read one page of the condensed edition every day, you wouldn't finish until February 19th of 2014! (The full edition would take until December 1st, 2025 – we recommend reading more than one page at a time!). Both versions are available for purchase, ask a black belt for details.

Black Belt Testing

On Saturday, February 4th, Mr. Anthony Landeroz of SDY will be testing for his full first degree black belt, so mark your calendars and get ready to support him on this important day!

When a student first becomes a black belt, they must serve out a one year probationary period in which they demonstrate their continued commitment to the TaeKwon-Do community through teaching and training. Mr. Landeroz has completed his probation and proven that earning a black belt is not the end, but the beginning of his martial arts training.

Testing will be held at The Centre, located at 100 Symphony Way in Elgin, IL. If you need transportation, ask a black belt in advance. Please dress in uniform.

We wish Mr. Landeroz the best of luck, and we hope you take this rare opportunity to see a black belt testing!

Take A Stance!

Parallel Ready Stance

Length: Zero

Width: One shoulder-width

Toes: Pointing straight ahead

Weight Distribution: 50/50

Facing: Full or side

Hands: Closed fists, one fist-width in front of your belt knot and one fist-width apart.

This is the most common ready stance, used for most of the gup rank (colored belt) patterns and typically signaled in class by the command "joonbi."



Notice – measured foot sword to foot sword

QUICK QUIZ

Beginner:

List and define the five tenets of TaeKwon-Do.

Intermediate:

List and define the six elements of the theory of power.

Advanced:

List the nine points to be considered while performing patterns.

Beginner: 10th – 8th Gup Intermediate: 7th – 4th Gup Advanced: 3rd – 1st Gup

Correct answers must be submitted to Mr. Rossiaky BEFORE the next newsletter is distributed to qualify for Student of the Year points. Quizzes are optional but strongly recommended.

- The previous issue's answers are always posted in the *extended online edition* of this newsletter, available for free on our Facebook page. Just search S.D.Y. TaeKwon-Do!
- Don't forget, the full TaeKwon-Do encyclopedia is available for free online at: <http://www.bluecottagekd.com/ENCYCLOPEDIAOFTAkwon-DO.html>

Extended Edition Content

Kevin McDaniel's BB Test in Feb

Our good friend and colleague Mr. Kevin McDaniel will be holding a black belt test for students in the Madison, WI area on Saturday, February 25th. Testing is scheduled to begin at 1:00 PM and will run about four hours in length.

We encourage our SDY students to try to attend a black belt test whenever possible, and the time and location of this test makes it an easy daytrip. If you will need transportation, please ask a black belt in advance.

Words Overheard

For our new students who may feel overwhelmed by the sheer volume of material you are being introduced to, have no fear! The first six months of training are generally the most difficult and we understand that – remember, everyone started as a white belt!

To make things easier, here is a quick guide to some of the new vocabulary words you'll be hearing around the *do jang*!

Cha-ryot: Attention
 Kyong-ye: Bow
 Joonbi: Ready stance
 Si-jak: Begin
 Barro: Return (to original stance)
 Tul: Form (pattern)
 Ki-hop: Yell
 Dobok: Uniform
 Swiyo: Rest
 Gup: Rank (color belt levels)
 Dan: Rank (black belt levels)
 Sabomnim: Instructor (senior instructor)
 Hae Sah: Class dismissed
 Gamsa Hamnida: Thank you
 Do Jang: Training hall

Note: These are Korean words, as TaeKwon-Do is a Korean martial art. When we practice Ju Jitsu, we use Japanese vocabulary.

Kick Questions

Many of our students have been asking about the differences between turning kicks, side-turning kicks, and side piercing kicks lately, so let's break it down like it's one-inch pine!

Turning Kick:

This is a snap kick which approaches the target on a horizontal plane. Imagine kicking a glass of water off of a counter top (imagine only, please do not attempt!); point your knee high in the air and raise your ankle above your knee. For this kick you must use the ball of your foot, and your target is at a front 45°.

Side-Turning Kick:

To be clear, this is a form of turning kick – it has absolutely nothing to do with a side piercing kick. It gets its name from your body position relative to your target when the kick is performed. To properly throw a side-turning kick, your target must be *directly* in front of you, *not at a front 45°*. You may use your instep as the striking tool, but the ball of the foot is recommended if you're not wearing shoes.

Side Piercing Kick:

This is an entirely different kick from the previous two discussed. While turning and side-turning kicks are *snap* kicks, a side kick is a *piercing* kick. Instead of pointing your knee at your target, you must point your hip at your target, firing your leg out in a straight line like a piston, *not in the arcing motion* of a turning kick. Your toes should be horizontal and your primary striking tool is the foot sword.