

S.D.Y. TAEKWON-DO

Black Belt Testing This Saturday

Join us this Saturday as Mr. Anthony Landeroz gets his butt kicked tests for his full first degree black belt. Mr. Landeroz has been with SDY for ten years, and no matter how hard we make him work he just keeps coming back! Jokes aside, this test has been a long time coming and is well deserved.

Please show your support for Mr. Landeroz this Saturday at The Centre at 100 Symphony Way in Elgin, IL. Testing starts promptly at noon and will last approximately four hours. Please dress in uniform. If you require transportation, be sure to ask a black belt in advance.

“What is my rank?”

This question came up a number of times last week, and it's legitimately a great question. We use a slightly modified version of the traditional 10-Gup system. Gup ranks are color belt ranks, while Dan ranks are black belt ranks. Find your rank below:

- 10th Gup: White Belt
- 9.5 Gup: Single Yellow Stripe
- 9th Gup: Double Yellow Stripe
- 8th Gup: Yellow Belt
- 7.5 Gup: Yellow Belt White Stripe
- 7th Gup: Green Stripe
- 6.5 Gup: Green Stripe White Stripe
- 6th Gup: Green Belt
- 5.5 Gup: Green Belt White Stripe
- 5th Gup: Blue Stripe
- 4.5 Gup: Blue Stripe White Stripe
- 4th Gup: Blue Belt
- 3.5 Gup: Blue Belt White Stripe
- 3rd Gup: Red Stripe
- 2nd Gup: Red Belt
- 1st Gup: Black Stripe

- Probationary Black Belt
- 1st Dan: 1st Degree Black Belt
- 2nd Dan: 2nd Degree Black Belt
- ...
- 9th Dan: 9th Degree Black Belt

Why 10 Gups and 9 Dans?

Let's begin with the second question. The short answer is that the number nine is the highest single digit number. Page 726 of the condensed Encyclopedia of TaeKwon-Do tells us that in many Asian cultures,

“three is the most esteemed of all the numbers.... The Chinese character for three and King are nearly synonymous. When the number three is multiplied by itself, the equation is nine, the highest of the high; therefore, ninth degree is the highest of the high ranking belts.”

Why then, not have 9 Gup ranks rather than 10? The answer is that in a 10-Gup system, you must earn 9 Gups and 9 Dans. The 10th Gup, the white belt, is the only rank that is given out with no prerequisites.



Take A Stance!

Sitting Stance

Length: Zero
 Width: One and a half shoulder-widths
 Measured: Big toe to big toe
 Toes: Pointing straight ahead
 Weight Distribution: 50/50
 Facing: Full or side

This is a very stable stance for lateral movement. It is also widely used for punching exercises and muscle development of the legs.

One of the advantages of this stance is the ability to shift into a walking stance without relocating the feet. Performing with a double shoulder width weakens the stance and hampers speedy movement.

Be sure to keep your back straight and your knees bent when in a sitting stance.



Above: Sitting stance from the front.



Left: Sitting stance from the side. Notice that the shoulders are back and the knees are bent. Eyes are up and the reverse hand is brought all the way back to the side belt.

*Condensed Encyclopedia of TaeKwon-Do
 Page 72*

QUICK QUIZ

Beginner:

List the five points of the student oath.

Intermediate:

What are the meanings of the colors of the belts?

Advanced:

We perform the Chang Hon pattern system. Who was Chang Hon and what does Chang Hon mean?

- Beginner: 10th – 8th Gup Intermediate: 7th – 4th Gup Advanced: 3rd – 1st Gup
 Dan ranks must answer all three questions.
- 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.bluecottagetkd.com/ENCYCLOPEDIAOFTA KWON-DO.html>

Extended Edition Content

“What is a black belt?”

With an unprecedented three black belt tests locally during the first quarter of 2012, this is as good a time as any to think about what a black belt means.

Let's start with some common misconceptions. Achieving a black belt does not make you an expert; it does not equate to a specific length of time spent training; it does not require the wearer to register their hands as lethal weapons (no matter how cool that might sound).

In fact, a 1st Dan is considered a novice – someone who understands the fundamentals well enough to begin their training. The Encyclopedia of TaeKwon-Do describes a 1st Dan as a fledgling of knowledge – in other words, a new black belt is comparable to a baby bird!

Earning a black belt is certainly a great achievement, but it is not the end of one's training. Just as with all ranks at SDY, black belts cannot be given, they must be earned. Set your goals as high as you desire, and we will help you to achieve them, so let's get to work!

A BLACK BELT IS A WHITE BELT THAT NEVER QUIT

Black Belt Testing in Madison, WI

On Saturday, February 25th, Mr. Kevin McDaniel is hosting a black belt testing for students in the Madison, WI area. Mark your calendars, as this makes an excellent daytrip!

Students of all ranks and ages are encouraged to attend a black belt testing whenever possible. Besides supporting the testing candidates, it is an opportunity to see instructors performing in a way you may not see in class.

Testing begins at 1:00 PM and will end around 5:00 PM. Please dress in uniform, and ask a black belt in advance if you require transportation.

Practice, Practice, Practice!

As a reminder to all students, practice logs are collected at the close of each session. Practice logs must be signed each week by a black belt and a parent or guardian.

When interviewing to test, practice logs are reviewed. It is important not only to practice at home, but also to practice consistently throughout each session. “Cramming” at the end of the session is frowned upon, so be sure you're practicing and getting signatures every week.

If you need a new practice log, ask a black belt during your next class.

For the advanced ranks, you should be filling out your teaching log every time you help teach.

Ideas Wanted!

Do you have questions about TaeKwon-Do, Ju Jitsu, or other class related subjects? We want to hear them!

SDY is *your* school, and this newsletter is meant to reflect that. Are you having trouble remembering the difference between a vertical kick and a crescent kick? Do you find the theory of power confusing? Have you ever wondered why flying kicks were invented, or how they are relevant today? This newsletter is an exceptional forum to address these questions and more. If there is an article that you would like to see, just ask!

For that matter, do you have something to contribute? Even better! Articles, pictures, and videos are always welcome additions to the newsletter or the website. If you have something you'd like to share, let a black belt know, and we will spread the word! Input from parents, instructors, and students of all ranks is always welcome.

Quick Quiz Answers for Vol 1 Issue 1

Beginner:

List and define the five tenets of TaeKwon-Do.

TaeKwon-Do Encyclopedia, Volume 1, Pages 14-17.

Courtesy – Be respectful, polite, fair, and sincere.

Integrity – Be honest with others and with oneself.

Perseverance – Set your goals high and achieve them; never give up.

Self-Control – Be aware of your thoughts and actions and whether they are appropriate.

Indomitable Spirit – Do what you know to be right, despite overwhelming odds.

Intermediate:

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

TaeKwon-Do Encyclopedia, Volume 2, Pages 14-47.

Action/Reaction – Use opposing motion to aid your primary motion.

Concentration of Force – Focus energy into a small surface area.

Equilibrium – Maintain both static (stationary) and dynamic (while moving) stability.

Breath Control – Exhale at the moment of impact.

Mass – Use rotational force to incorporate more of your mass behind each technique.

Speed – Move not only quickly, but precisely across defined paths.

Advanced:

List the nine points to be considered while performing patterns.

TaeKwon-Do Encyclopedia, Volume 8, Pages 13-14.

1 – Begin and end in exactly the same spot.

2 – Maintain correct posture and facing at all times.

3 – Muscles must be tensed or relaxed at the proper critical moments.

4 – The exercise should be performed in a rhythmic movement and without stiffness.

5 – Movement should be accelerated or decelerated at the proper times.

6 – Each pattern should be perfected before moving to the next.

7 – Students should know the purpose of each movement.

8 – Students should perform each movement with realism.

9 – Attack and defense techniques should be performed equally on both right and left sides.

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