

S.D.Y. TAEKWON-DO



After the February 4th black belt test in Elgin, IL. From left to right: Mr. Oleg Gunko II Dan, Mr. Jason Frymire III Dan, Mr. Anthony Landeroz I Dan, Mr. David Rossiaky III Dan, Mr. Ed Park Probationary Black Belt.
Photo by Mr. Marc Malinowski 1st Gup.

SDY Joins the USKF

As discussed during class, SDY TaeKwon-Do is certifying as a charter franchise of the newly formed United States Kido Federation. On a day-to-day basis, our class will not drastically change, but we believe that this partnership will give our school greater access to a wide network of TaeKwon-Do and Hapkido experts with whom we can learn and exchange ideas.

The USKF is headed by our good friend and colleague Master Jeff Helaney, VIII Dan TaeKwon-Do, IV Dan Hapkido. Both ITF (our style) and WTF styles of TaeKwon-Do are included in the USKF. Hapkido is a Korean ground art, comparable to the Japanese JuJitsu we currently practice.

We are requiring that all students 6th Gup and above sign up with the USKF. The fee is \$25 annually, and benefits include \$5 off every SDY testing fee and all USKF certified tournaments, as well as access to special seminars and rank certification. Students below 6th Gup may sign up if they choose. Black belts must decide whether they want to sign up as members or as instructors.

Please see Mr. Frymire for applications or with questions. For more information, check out the USKF Facebook page or official website at www.uskido.org.

Mr. Landeroz Promoted

We are pleased to announce that after an exhaustive four hour testing, Mr. Anthony Landeroz was promoted to his full first degree black belt. Testing included three-on-one sparring, two rounds of patterns, and power breaking among many other components.

Mr. Landeroz has been with SDY TaeKwon-Do for over a decade. Due to extenuating circumstances, he has been a probationary black belt for over three years, but through his *perseverance* he earned this important promotion and remains an important member of our TaeKwon-Do family.

We all look forward to another ten years of punching, kicking, blocking, and breaking with Mr. Landeroz!

Midwest Academy of TaeKwon-Do also promoted the following students at the February 4th testing:

II Dan: Mr. Koon Wong
I Dan: Mr. Erik Almendariz
Probationary Black Belt: Mr. Demeke Berhanu, Ms. Karen Lai



Take A Stance!

Black Belt Test in Madison, WI

Mr. Kevin McDaniel is hosting a black belt test on Saturday, February 25th for students in the Madison, WI area. Our instructors have been invited to sit on the testing panel, and we are encouraging SDY students to observe the test.

For anyone who may have missed Mr. Landeroz's test earlier this month, this is a great opportunity to find out what a black belt test is all about. We do ask that you please dress in uniform and be prepared to assist if asked.

Madison makes an excellent daytrip; just ask a black belt if you will require transportation. The four hour test begins at 1:00 PM.

Closed Ready Stance A

Toes: Together, pointing straight ahead
Weight Distribution: 50/50

This ready stance is first seen at the 6th Gup level at the beginning of Won-Hyo. Feet are together with toes pointing forward.

One hand forms a fist cupped in the other. Arms should be bent with fists in front of the philtrum.

*Encyclopedia of TaeKwon-Do
Volume 2, Page 163*



QUICK QUIZ

Beginner:

What is the striking tool of a front snap kick?

Intermediate:

What is the difference between consecutive kicking and combination kicking?

Advanced:

Every kick in TaeKwon-Do can be performed *at least seven* different ways. List *nine* ways in which to kick.

- 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. Rossiak 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, or scan the QR code to the right with your smartphone!
- 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

Gup Rank Testing Approaches

Gup rank testing is officially on the horizon, so it's time to turn up the training! Testing will be in late March, with exact dates to be determined shortly.

A week prior to testing, prospective candidates will first have to interview with a black belt to get permission to test. The interview will include a review of practice logs, so be sure you are having them signed by an instructor every week. Upper rank students may require a teaching log.

Additionally, students who have tested before need to bring their most recent testing sheet to the interview for a progress review. Finally, a teacher evaluation is required for students who are in 12th grade or below.

Now is the time to be asking questions, studying for the written test, and training for the physical test. Please speak to a black belt if you have any questions about testing.

Buying Boards (1/5)

This is the first article in a five part series on board breaking. Look for the rest in future issues of the SDY Newsletter!

Successful board breaking begins weeks before you have written your breaks and months before you line up your boards in a holder. The first step in the process is knowing how to buy boards.

At your local hardware store, such as Home Depot or Lowe's, you'll want to find long planks of 1" x 12" pine (save the cedar for those shelves you're building). Look for a plank that has few knots and cracks, especially down the center. Also, avoid boards that feel sticky, as that is an indicator of sap in the wood. When you have found the planks you want, have them cut every 10".

Realistically, you do not want to buy boards any later than the first day of class of the session you plan to test. Separate your boards so that air can flow between them, and leave them in a cool, dry room until testing day.

What is the *Bunny Hop*?

No, it's not the coolest dance craze this side of the *Macarena*, but it is equally embarrassing!

When executing a flying kick, it is important to take off on one foot. A two-foot take off is referred to as a bunny hop. But why is it so important to take off with one foot?

Glad you asked! In ancient times, the flying kick was developed so that a foot soldier could knock an enemy off of their horse. Today, flying kicks can be used to clear obstacles or cover distance. This is achieved by running at your target to gain momentum.

A one-foot take off transfers that forward momentum from the ground to the air, allowing you to continue moving forward. A two-foot take off, however, stops you dead in your tracks and negates your forward momentum, defeating the purpose of running.

In essence, by taking off with two feet, one turns a flying kick into a jumping kick, which is a stationary technique. If it seems silly to run at an opponent only to stop and perform a jumping kick, that's because it is silly. Do not do this.

While we're on the topic of flying kicks, this is a good time to discuss some related terminology.

A *twin* kick refers to a kick with both feet on a single target.

Split kicks are two simultaneous kicks on two separate targets.

Double kicks are multiple kicks against multiple targets performed one after another. Depending on the situation, they can be consecutive or combination.

Quick Quiz Answers for Vol 1 Issue 2

Beginner:

List the five points of the student oath.

Condensed Encyclopedia of TaeKwon-Do, page 368.

- 1 – I shall observe the tenets of TaeKwon-Do.
- 2 – I shall respect my instructor and seniors.
- 3 – I shall never misuse TaeKwon-Do.
- 4 – I shall be a champion of freedom and justice.
- 5 – I shall build a more peaceful world.

Intermediate:

What are the meanings of the colors of the belts?

Condensed Encyclopedia of TaeKwon-Do, page 373.

- White – Signifies innocence, as a beginning student who has no previous knowledge of TaeKwon-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 TaeKwon-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.

Advanced:

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

Chang Hon was the pen name of General Choi Hong Hi. Chang Hon means *blue cottage*.

- 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.
- Don't forget, the full TaeKwon-Do encyclopedia is available for free online at:
<http://www.bluecottagekd.com/ENCYCLOPEDIAOFTA KWON-DO.html>