

S.D.Y. TAEKWON-DO



Children and adults of all ranks line up together for one class every session.

SDY Night

The next SDY Night will be held on Thursday, March 9th. SDY Night is a special event held once every session wherein all SDY students line up together for one class.

This is an excellent opportunity for students of different ages and ranks to cross train. Everyone at SDY TaeKwon-Do has different skills, interests, and body types; what works well for one student may be difficult for another. By spending time training with other students in the class, we are presented opportunities to learn from each other's strengths.

SDY Night will begin at 6:45 PM, so adults need to plan on arriving earlier than usual. After the 7:45 PM bow out, there will be a regularly scheduled adult class.

Madison Black Belt Test

On February 25th, Mr. Frymire and Mr. Rossiaky had the opportunity to sit on a black belt testing panel in Madison, WI. We would like to congratulate the following candidates on their promotions:

From Oh Do Kwan Martial Arts:

IV Dan: Mr. Tom Dare

III Dan: Mr. Tommy Dare

II Dan: Mr. Jake Neuman

I Dan: Mr. Neal Miller, Mr. Mark Banaag, & Mr. Robert McPherson.

From Kicks Unlimited:

IV Dan: Mr. Mathiam Mbaw

Testing Checklist

Gup rank testing is just around the corner! Interviews and written tests will take place during regular classes on March 12th, 13th, and 15th.

The physical test for the beginner's class will be held on Tuesday, March 20th at 7:00 PM. Students should arrive between 30 & 15 minutes early and will be responsible for warming up themselves.

The adult/advanced test will be held on Thursday, March 22nd at 7:00 PM. As is tradition, we will go out to dinner at Jake's Pizza, one light West on Algonquin Road, after the Thursday test. All students and their families are welcome to attend.

Before asking for permission to test, be sure you have the following paperwork:

- Practice log/teaching log
- Teacher evaluation (students K-12)
- Your previous testing sheet (solid white belts exempt)
- Testing application



A right fixed stance with an oververse punch.

Take A Stance!

Fixed Stance

Length: One and a half shoulder widths
 Width: One fist width
 Toes: Pointed 15° in
 Weight Distribution: 50/50
 Facing: Always half facing

The fixed stance is similar to an L-stance with a few notable exceptions. Fixed stances are measured lengthwise from the rear reverse foot sword to the front toes, while widthwise it is measured from heel to heel.

When the right foot is advanced, this is a right fixed stance.

*Encyclopedia of TaeKwon-Do
 Volume 2, Pages 146-147*

QUICK QUIZ

Beginner: What does *TaeKwon-Do* mean?

Intermediate: What are the six points of the SDY Philosophy?

Advanced: Name the six basic principles for a proper stance.

Quiz Rules:

- 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.
- Answers can come from class, the SDY Student Handbook, or the Encyclopedia of TaeKwon-Do, available for free online at: www.bluecottagekd.com/
- 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.



www.sdytaekwondo.com



SDY on Facebook



TaeKwon-Do Encyclopedia

Exclusive Online Content

Striking Tools of the Foot

Can you figure out which parts of the foot are used by each kick?

- Front Snap Kick
- Turning Kick
- Side Turning Kick
- Side Piercing Kick
- Twist Kick
- Hook Kick
- Vertical Kick
- Downward Kick
- Crescent Kick
- Hooking Kick
- Back Reverse Turning Kick
- Pressing Kick

Which striking tools on the foot are not listed in the diagrams?



Quick Quiz Answers for Vol 1 Issue 3

Beginner:

What is the striking tool of a front snap kick?

Condensed Encyclopedia of TaeKwon-Do, page 262.

The ball of the foot (under normal circumstances).

Intermediate:

What is the difference between consecutive kicking and combination kicking?

Condensed Encyclopedia of TaeKwon-Do, page 251.

Consecutive – two or more kicks are executed in succession by the same foot in different directions and/or with different tools.

Combination – both feet are used to deliver two or more kicks in succession.

Advanced:

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

Condensed Encyclopedia of TaeKwon-Do, pages 251-315.

Seven basic kicks: lead leg, rear leg, jump lead leg, jump rear leg, skip, one-step, one-step jump. Others: various, including flying, double, twin, spinning, casting, pushing, dodging, etc.

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TaeKwon-Do Encyclopedia