

# S.D.Y. TAEKWON-DO

## Welcome!

It's hard to believe we are already in our second session for 2012, but what a great year it has been so far. We would like to take this opportunity to welcome our new students and families. And of course, welcome back to our veterans!

At SDY TaeKwon-Do, we pride ourselves on our group cohesion and support, so please take a moment today to get to know our new students. Remember, at some point you will work with every member of the class, and we must be able to trust each other.

This is our biweekly newsletter. In it you will find information about class, upcoming events, technical information, and general knowledge. Also, be sure to find our official SDY TaeKwon-Do Facebook page, and keep an eye out for our website launch later this session!



## Rank Promotions

Congratulations to our most recent testing candidates. The right to test must be earned and is not handed out to every student every session. This was a difficult test, and overall the class performed exceedingly well, so you have much to take pride in! The following students earned promotions last session:

1<sup>st</sup> Yellow Stripe: Linda Dao, Tina Dao, Zach Matuszczak, Eric Zurick, & Nicholas Zurick.

2<sup>nd</sup> Yellow Stripe: Viv Cheong, Austin Lee, Tyler Matuszczak, Ethan Prill, Alexander VanAssche, Kody Walker, Robert Wilson, Andrew Yang, & Brian Yang.

Yellow Belt: Alyssa Crum, & Jacob Mendez

Green Stripe: John Emiliano, Allura Magsino, Austin Tranchita, & Cory Tranchita.

Green Belt: Jeff Arndt

Green Belt w/ White Tip: Brandon Frymire, Shivam Patel, & Nicole Suarez.

Blue Stripe: Carl Abustan, & Arnav Batta.

Blue Belt: Lily Cheong

High Test Scores:

Beginner Class: Allura Magsino

Adult Class: Jeff Arndt

Congratulations again to all testing candidates on a job well done!

## Take A Stance!

### Attention (Charyot)

Length: 0  
 Width: 0  
 Toes: Form 45° angle  
 Weight Distribution: 50/50  
 Facing: Always full facing  
 Hands: In fists at sides, away from body

This is an attention position used before and after exercises. Drop the fists naturally, bending the elbows slightly. The fists are clenched slightly. Eyes face the front 10° above the horizon.

*Condensed Encyclopedia of TaeKwon-Do*  
 Page 79

### Bow (Kyong Ye)

Length: 0  
 Width: 0  
 Toes: Form 45° angle  
 Weight Distribution: 50/50  
 Facing: Always full facing  
 Hands: In fists at sides, away from body

Bend the body 15° forward, keeping eyes fixed on the eyes of the person you are bowing to.

*Condensed Encyclopedia of TaeKwon-Do*  
 Page 79

## QUICK QUIZ

**Beginner:** What does *SDY* stand for?

**Intermediate:** List all of the legal target areas in point sparring.

**Advanced:** Describe the closing ceremony for a typical class (both TaeKwon-Do and Ju Jitsu).

### 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/](http://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](http://www.sdytaekwondo.com)



SDY on Facebook



TaeKwon-Do Encyclopedia

# Exclusive Online Content

## How to Tie Your Belt

Follow these sequential pictures to learn to tie your belt properly!

