

S.D.Y. TAEKWON-DO



Practice Logs

This is a friendly reminder to be sure you are filling out your practice logs. We are currently several weeks into this session and the black belts have only seen a few logs. When testing approaches, the black belts will check your practice logs as a part of your testing interview, and it is important that you practice consistently throughout the session. If you do not know what to practice, ask!

Holding Boards (2/5)

This is the second article in a five part series on board breaking.
Part 1: Buying Boards – Volume 1, Issue 3
Look for the rest in future editions of the SDY Newsletter!

Before you can begin breaking boards, you must understand how to properly hold boards. For beginners, start by holding suspended boards, as they require only that you remain still. For braced breaks, double up with an experienced holder on a single board until you feel comfortable free-holding. Always double up on holders when multiple boards are used on a single technique.

As the holder, it is your job to remain absolutely still. The breaker will put you in a position that is safe and suites their break. At this point it is crucial that you do not move the board or your own body; doing so can cause injury to the breaker, yourself, other participants, or bystanders.

Remember, always ask for help if you are uncertain or uncomfortable about holding, and always use a wooden board holder rather than a person whenever available.

Punch Out!

Over the last few sessions we have spent a good deal of time cleaning up our kicks, and as a result our kicks are cleaner and we have a better understanding of when each kick is appropriate to use.

Currently, the pendulum is swinging in the other direction, leading to our recent focus on hand work. Listed below are three similar types of punches that often get confused with one another.

Crescent Punch: Closest to the American “hook punch,” the crescent punch reaches the target in an arc. The fist should connect with the target at the attacker’s centerline with the elbow bent at a 90° angle.

Turning Punch: The turning punch is similar in principle to the crescent punch, but it approaches the target along a more sharply curved path. The elbow will have more bend than a crescent punch, forcing the attacker to be closer to the opponent.

Angle Punch: Again, the purpose and method of this technique are very similar to those of a turning punch. The major difference is that the fist reaches the target in front of the attacker’s opposite chest rather than the centerline.

For more information, see the *Condensed TaeKwon-Do Encyclopedia*, pages 139-141.

Take A Stance!

Closed Ready Stance B

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

This ready stance is first seen at the 4th Gup level at the beginning of Joong-Gun. Feet are together with toes pointing forward.

One hand forms a fist cupped in the other, pointing upward. Hands are one fist away from the belt knot

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



QUICK QUIZ

Beginner: List four points from the student portion of the student-instructor relationship.

Intermediate: List eight points from the student portion of the student-instructor relationship.

Advanced: List six points each from both the student and instructor portions of the student-instructor relationship.

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

Tournament on May 19th

Start polishing up your patterns and grab your sparring gear, because tournament season has arrived!

The Omaha National Martial Arts Championship will be held on Saturday, May 19th in Omaha, NE, along with an excellent assortment of seminars the evening of Friday, May 18th. This tournament is sanctioned by the USKF, the MMAL, and the WOMAA, so if you are a member of any of these organizations you will receive a discount on your registration fees.

If you are only going to make a trip out of one tournament this year, this is the one! Mr. Frymire and Mr. Rossiaky can provide transportation for anyone interested. See Mr. Frymire for registration information.

Black Belt Test on June 9th

Mark your calendars! On Saturday, June 9th, SDY TaeKwon-Do will have four black belt level testing candidates certifying under the United States Kido Federation.

Mr. Jason Frymire will be testing for IV Dan, Mr. Ed Park and Mr. Greg Arndt will each be testing for their certified I Dan, and Mr. Marc Malinowski will be testing for his probationary level black belt.

This test will be held right here in Hoffman Estates, IL, so we expect to see many of our students present and ready to assist if necessary.

As a reminder, black belt tests are relatively uncommon events and generally require some measure of travel to attend. This is an excellent opportunity to see some of our black belts perform at a level you may not have witnessed before, and for our advanced students, it will give you a better idea of what awaits you in the not-too-distant future!

Series Hand Techniques

We recently practiced the Series Hand Techniques in class using a fighting style. Now try them at home using classical style. The focus may be on the hands, but don't ignore the stances!

Series Hand Technique #1:

- 1- L-stance reverse punch to the philtrum.
- 2- Walking stance reverse punch to the solar plexus.
- 3- L-stance backfist strike to the temple.
- 4- Walking stance upset punch to the floating ribs.

Series Hand Technique #2:

- 1- L-stance knifehand strike to the carotid artery.
- 2- Walking stance reverse knifehand strike to the temple.
- 3- L-stance eye gouge.
- 4- Walking stance flat fingertip thrust to the trachea.

Series Hand Technique #3:

- 1- L-stance reverse punch to the pelvis.
- 2- Walking stance downward knifehand strike to the clavicle.
- 3- Walking stance twin vertical punch to the jaws.
- 4- Walking stance twin upset punch to the floating ribs.

Series Hand Technique #4:

- 1- L-stance open fist punch to the philtrum.
- 2- Walking stance vertical punch to the sternum.
- 3- L-stance downward hammerfist strike to the bridge of the nose.
- 4- Walking stance rising elbow to the underside of the chin.

The final three Series Hand Techniques can be picked up in class – printouts are always available.

Quick Quiz Answers for Vol 2 Issue 1

Beginner:

What does *SDY* stand for?

Class discussions.

SDY stands for **S**tudents of **D**octor **Y**oustra. Dr. Gregg Youstra, currently retired, achieved the rank of VIII Dan and was an international instructor. In 1986, several of his students opened their own TaeKwon-Do school, dedicating its name to him for the many years of devotion and love he put into the teaching of TaeKwon-Do.

Intermediate:

List all of the legal target areas in point sparring.

SDY Student Handbook, page 20.

Entire head gear, side of neck, chest and ribcage, abdominal area, seam-to-seam on uniform, and above the belt.

Advanced:

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

SDY Student Handbook, page 8.

TaeKwon-Do: Senior student calls out "Face Sabomnim (senior instructor), Cha-ryot (attention), Kyong-ye (bow)." Next senior student calls out "Turn, face senior student. Cha-ryot, Kyong, ye." Senior student calls out "Hae sah" (class dismissed). Class calls out "Gamsa hamnida" (thank you very much).

Ju Jitsu: Senior student calls out "Kiotsuke (attention), Sensei ni (face the instructor), Rei (bow)." Class calls out "Kuzushi (Breaking balance)."

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