

S.D.Y. TAEKWON-DO

Gup Rank Testing Approaches

It is hard to believe it, but gup rank testing is only a few weeks away! As we get steadily closer to testing, there are a few things students should begin to think about.

Am I testing?

Remember, you are not required to test every session. In fact, intermediate and advanced ranks should expect not to test every session. As the requirements become more technical and extensive, it will take more than three months to learn the skills you will be tested on. You will not be forced to test if you do not feel you are prepared.

Have I studied my requirement sheet?

Requirement sheets are available at every class, all year long. Be sure you are using yours to prepare for you test. If you have questions, now is the time to ask.

Do I have the required paperwork?

Prior to the physical or written tests, students must interview with an instructor for permission to test. At the interview, students are asked to present their testing registration form, current practice log, previous testing results (except for white belts whom have never tested before), and teacher evaluation sheet (for students ages 18 and younger). If you plan to test this session, do not wait to prepare your paperwork.

Softening & Finishing Techniques

This session we have focused heavily on flying kicks, break-falls, and lead-hand strikes. That being said, do not forget to keep in mind the basics of self-defense when practicing your hosinsol and Ju Jitsu. Releases should be prefaced with softening techniques when possible, and always use finishing techniques before making your escape to ensure that you can get away safely!

Tournament on May 19th

This is your last chance to participate in the Omaha National Martial Arts Championship! Our group will be leaving after school/work on Friday, May 18th and returning on Sunday, May 20th. Contact a black belt to sign up or to arrange for travel. This has been one of our favorite events for many years, be sure to sign up today!



Take A Stance!

Diagonal Stance

Length: 0

Width: 1 and a half shoulder widths

Toes: Pointing straight ahead

Weight Distribution: 50/50

Facing: Full or side

Measured: Rear-leg toes to lead-leg back heel



This is very useful for shifting into a walking stance without relocating the foot. The principle for a sitting stance is directly applied except that the heel of the front foot is placed on the same line with the toes of the rear foot.

It is used for attacking and defending against the front or rear. When the right foot is advanced, the stance is called a right diagonal stance and vice versa. It can be either full facing or side facing both in attack and defense.

*Encyclopedia of TaeKwon-Do
Volume 2, Page 151*

QUICK QUIZ

Beginner: Why is it important to ki-hop? List three reasons.

Intermediate: The pattern diagram of Chon-Ji is a plus sign. What is a pattern diagram?

Advanced: How did General Choi describe a black belt? What did he mean?

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

Sparring Series

With tournament season in full swing, be sure to practice the Sparring Series at home and in class until they are in your repertoire. Are you already comfortable with this series? Double up your techniques! Be sure to practice from both right and left stances.

Sparring Series #1:

Jab; reverse punch; rear leg front kick.

Sparring Series #2:

Rear leg front kick; consecutive turning kick; reverse punch.

Sparring Series #3:

Skip side kick; back kick; backfist strike.

Sparring Series #4:

Jab; casting front kick with the knee; consecutive turning kick; reverse punch.

Sparring Series #5:

Jab; rear leg turning kick; jab; reverse punch; rear leg turning kick.

Sparring Series #6:

Jab; back kick; consecutive skip side kick; backfist strike.

Sparring Series #7:

Rear leg twist kick; combination mid-air turning kick; spinning backfist strike.

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

Pattern Matters

As we get back into sparring mode over the next few weeks, be sure to continue practicing your patterns on your own. Mastering the fundamental body mechanics of the patterns will pay dividends in the ring – ask us how!

As you practice your patterns, focus on one of these nine fundamental points, choosing a different point each time you practice:

- 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.

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

Tournament Divisions

For our students who have not been to a tournament, there may be a misconception that sparring is the only event. This is far from the truth! Typical tournaments will also include individual pattern competitions as well as team patterns, creative patterns, self defense, and board breaking, with many of these divisions culminating in a grand championship round.

If you have reservations about competing, feel free to be a spectator to familiarize yourself with tournaments. Don't forget, we will host our tournament at the end of July!

Quick Quiz Answers for Vol 2 Issue 2

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.

SDY Student Handbook, pages 13-15.

Students:

1) Never tire of learning. 2) A good student is willing to sacrifice for his/her instructor. 3) Always set a good example for lower ranking students. 4) Always be loyal to your instructor and TaeKwon-Do. 5) If an instructor teaches a technique, practice it and attempt to utilize it. 6) Remember the student's conduct outside the Do Jang reflects on the art and the instructor. 7) If a student adopts another technique from a different Do Jang and the instructor disapproves of it, the student must discard it immediately or go train in the Do Jang where the technique was taught. 8) Never be disrespectful to an instructor. 9) A student must always be eager to learn and ask questions. 10) Never betray a trust.

Instructors:

1) Never tire of teaching. 2) An instructor should be eager for his students to pass him/her; it is the ultimate compliment to an instructor. 3) An instructor must always set a good example for his students and never attempt to defraud them. 4) The development of the student should take precedence over commercialism. 5) Instructors should help the student develop good contacts outside the Do Jang. 6) Instructors should teach scientifically and theoretically to save time and energy. 7) Students should be encouraged to visit other training halls and study other techniques. 8) All students should be treated equally. 9) If an instructor is unable to answer a student's question, he should not attempt to fabricate an answer, and should attempt to find the answer as soon as possible. 10) Never betray a trust.

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.