

CTF Sidekick News

Volume 21 Issue 2 • February 2015

INSPIRATION Power of a Positive Attitude

Last month we talked about making a road map to our goals. Once our plans are made for our journey, we must get started. The inspiration to begin can come from several places:

- ▶ from others who encourage us
- ▶ from others who set an example for us to follow
- ▶ from within ourselves, and
- ▶ from society or our peers who may pressure us

No matter what source, this initial inspiration is the spark that starts our engine.

Once started, we must maintain a positive attitude about our ability and our ultimate goal. If you believe you can achieve your goal, you will make progress, but if you don't believe you can, you never will.

One of the Twelve Concepts of Power that we use to maximize the strength of our technique is ATTITUDE. We must be confident in ourselves but not cocky or arrogant towards others. We should never use Taekwondo as a weapon to exert power over others. Taekwondo's nature is defensive, not offensive.

{Cont'd on page 2}

Inside this issue:

Inspiration Cont'd	2
Fitness At Any Age	3
How Do I Become a CTF Nat'l Champ	4
Upcoming Events	5 & 6

IMPORTANT

Please update your
Address books with our new
Email addresses:
akhardin@outlook.com
choongsil@outlook.com
rhardin@outlook.com



CHECK IT OUT!

www.choongsil.com for news, info,
upcoming events, tournament info, &
black belt points.

INSPIRATION

Cont'd from Page 1



"A turn in the road is not the end of the road unless you fail to make the turn."

It should only be used when other means fail. Our inner strength comes from knowing we are capable of defending ourselves, not from exerting influence or power over others.

Board breaking is a good test of our attitude. Through regular training, we develop the skills necessary to break boards, however, the first time we try to break (or try a new, more difficult break), we must believe we can or we are likely to fail. If we allow our self doubt to override our concentration, accuracy and speed suffer, and the boards may not break. On the other hand, if we are overly confident or arrogant, we may not pay enough attention to what we are doing and our accuracy and focus may not be there.

Finally, attitude plays a very important part in the learning process of Taekwondo. In order to reach our goal we all need the assistance of our instructors. If we think we can't do what our instructor asks, frequently we will miss some important point that could help us.

If we are overly confident, again we will fail to listen and, therefore, fail to improve. An attitude of humility and respect are necessary before learning can take place. Listen closely to your instructors. They are there to guide and assist you.

"It's not whether you get knocked down. It's whether you get up again."

Vince Lombardi



Fitness At Any Age

“I’ve never exercised before”, “I’m too old to work out”, “I don’t need to lose weight, so I don’t have to exercise”. Do you find yourself using these exact words? There are many other benefits to exercise at any age and it is becoming increasingly more difficult to meet those demands. As we age it becomes even more important to maintain a regular, consistent exercise routine that encompasses strength training, cardio exercises as well as stretching to keep your muscles toned and supple.

Heart Disease. Coronary Heart Disease is the leading cause of death in the United States. Research has indicated that sedentary individuals are almost twice as likely to develop CHD as physically active individuals. As we age, the heart muscle becomes more fatty and less muscular. The insides of the blood vessels narrow, and elastic-like fibers inside the arteries begin to stiffen. By age 70, your systolic blood pressure may rise 10-40 points and your diastolic pressure 5-10 points. Your heart’s pumping capacity can decrease 20 to 30% by age 65. Individuals with hypertension, which is a major factor contributing to heart disease, can moderately reduce blood pressure with physical activity.

Musculoskeletal System. Our muscles make us move and support our entire skeleton. With age, the muscles often lose mass and weaken. The result of this can be poor posture and limited joint range of motion. The muscular system undergoes a 40% loss of muscle mass and 30% decrease in strength by age 70. With regards to muscular fitness, strength appears to increase into the third decade of life, plateau through the fifth and/or sixth decades and then decline rapidly. In order to prevent muscle deterioration, muscle conditioning and stretching exercises are necessary. Our muscles grow stronger by working against resistance. The more “demand” you place on a muscle over a period of time, the stronger it will become to meet that demand. Abdominal exercises, leg lifts and pushups are all examples of muscle conditioning exercises.

Psychological. Besides the many physiological benefits of exercise, there are psychological factors as well. Physical activity appears to relieve symptoms of depression and anxiety, improve mental outlook, reduce feelings of loneliness, assist with stress management and is associated with reducing sleep disorders. Physical activity can help you stay alert and function at your best.

Taekwondo for Fitness. Now that we’ve reviewed all the reasons why exercise is important as we age, let’s take a look at Taekwondo. Taekwondo is great for your cardiovascular health as well as other benefits, as listed above. Any age group will enjoy Taekwondo training and benefit from it in many areas. You don’t have to give into the aging process, but you do have to respect it. One thing that we’re most certain of is that the benefits of physical activity far outweigh the risks. So, keep up the good work and keep training no matter what age you are!



How do I become a CTF National Champion?

Earn your Black Belt—The National Championships are open to CTF Black Belts only.

Qualify during the year—You may qualify in your region or, if for some reason you are unable to do so, you may apply to the CTF Office to qualify in another region **no later than February 15th of the Tournament Year.**

This year we have five regions. They are:

Region I - TN, KY, Northern GA, IN

Region II - AR, TX, OK & MO

Region III - Florida & Southern GA

Region IV - East Coast

Region V - West Coast

You may compete in any tournament in any region, however, Black Belts may only qualify in one region.

Earn Qualifying Points—The black belt competitors receive 1 point each time they compete and additional points each time they place at a qualifying tournament. The competitors with the most points will qualify. Regions with 3 or more tournaments may send 3 qualifiers per division. If you have a large division all year, we will qualify MORE people than just 3. Regions with less Qualifying Tournaments will send less qualifiers or they may submit appointments to the National Office.

Seeding—Seeding is determined by how many qualifying tournaments you participate in. The highest seeds will be the 1st place finishers in the regions with 3 or more

qualifying tournaments. The lowest seeds will be Black Belts who are appointed. If you want to be one of the highest seeds, you must win your divisions so you will have the most points and also participate in as many qualifiers as possible.

Colored belts and Black Belts not qualifying for the National Championship divisions may still compete at the Nationals in separate divisions.

Compete regularly—Tournament competition experience can teach you where you are weak and need to improve. It can teach you how to size up different opponents quickly so you can use the appropriate game plan to win. It will also help you develop those winning game plans.

Know the rules—Be sure you are familiar with the tournament rules and have practiced using them. Your instructor should be able to supply you with a copy of the tournament rules or you may print your own copy from the CTF website.

www.choongsil.com.

Train Harder than everyone else! - Be well prepared for the competition. You can only do this by training hard and regularly. The pressure of competition sometimes makes us forget what we want to achieve. Be sure you have trained your body to remember for you.

“Only perfect practice makes perfect!”

2015 Black Belt Camps



MEN'S CAMP
May 27-May 31
Limestone, AR

WOMEN'S CAMP
June 24-28
Limestone, AR

FALL CAMP
October 16-18
Limestone, AR

Come join the fun at Camp Choong Sil Kwan. Enjoy Taekwondo to its fullest with individualized instruction from Grand Master Hardin. Focus on sharpening technique and learning new instructor skills, all while building relationships with others in Taekwondo.

Prior years' exciting activities included:

Taekwondo

Rappelling Canoeing

Paintball Swimming

ATV rides Massages

& more

2015 CTF Tournaments

March 7

REGION I

(Single-rated)

NASHVILLE, TN

Goodpasture Christian School

April 25 (unconfirmed)

REGION I

(Single-rated)

MEMPHIS, TN OR

HERNANDO, MS

July 25 or Aug 1 (unconfirmed)

REGION I

(Single-rated)

MT. JULIET, TN

SPAR WARS

September 19

REGION I

(Double-rated)

OLIVE BRANCH, MS

The Landers Center

CTF NATIONALS

November 14th or 7th

NASHVILLE, TN

TOURNAMENT RULES CLINICS ARE SCHEDULED FOR:

FEB 14 (SAT) —9:00 AM—HERNANDO, TAEKWONDO, HERNANDO, MS

FEB 18 (WED) - 6:30 PM—MIDTOWN TAEKONDO, MEMPHIS, TN

FEB 20 (FRI) —6:00 PM—DICKSON TAEKWONDO, DICKSON, TN

FEB 20 (FRI)—6:30 PM—AREGIS TAEKWONDO CENTER, GOODLETTSVILLE, TN