

# CTF Siderick News

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## ACTUALIZATION

Taekwondo is an activity that has something to offer to people of all ages and abilities. The bottom line is self improvement and using the talents and abilities that we have to the best of our abilities. Very few of us will ever kick “straight up” or be able to jump and break boards six feet above the ground but we can develop a work ethic that will allow us to achieve a much higher level of fitness, self control and self defense skills than most people.

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*“Actualization is taking the first step and entering into the process of the work and reward system. The development of a strong work ethic is the most important element in this philosophy. Even the most average of people can achieve excellence with a strong work habit.”*

*Hyun Sil*

Choong Sil Kwon Philosophy

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## DON'T FORGET!!!!

**\*Fill out CTF forms online \***

-From your computer, smart phone or tablet

Visit [www.choongsil.com](http://www.choongsil.com) to fill out your:

**CTF New Membership**

**CTF Membership Renewal**

**Tournament Registration**

*You can now sign your forms and pay online!*

(Option to pay your instructor is also available.)

# ACTUALIZATION

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## *What is a Taekwondo Black Belt?*

First—a black belt is someone who started with a dream just like you. Their initial goals and ideas were probably very different from what they are today, but they were enough to get them started.

Next that black belt found the motivation to begin to attend classes on a regular basis. This allowed them to develop basic skills and firmer goals.

Finally, that Taekwondo Black Belt developed enough self discipline to stick with the program and work hard in those areas where they were weakest. They are the tough ones who “get going when the going gets tough”. They are the ones who practice at home—especially on the days when they can’t get to class.

*Working Hard for  
Black Belt Excellence*

## *So—you want to be a Black Belt, too. What then does it take?*

**Commitment**—The process of earning your Black Belt takes a long time, on the average from 3 to 5 years.

**Effort**—You will get back only what you give. The student who gives 100% effort all the time will develop faster than one who does not. The student who trains regularly does not waste time having to re-learn old material.

**Patience**—Choong Sil teaches us to improve a little bit every day. Don’t expect to become an expert overnight.

**Perspiration**—Training your mind and body takes lots of work. Learning Taekwondo takes constant repetition.

**Concentration**—As a white belt we begin to learn to focus on the details of our technique. By the time we earn a black belt, we understand how many different things we must pay attention to—often at the same time.

This process doesn’t end at Black Belt either. Black Belt is only the beginning of your journey to “constant and never ending improvement!”

# TOURNAMENT RULES CHANGES

## 1) ***What division should I compete in?***

Colored Belts—CHANGE for Colored Belts—Colored Belts may now choose to perform any pattern up to their highest current rank pattern.

Black Belts—SAME— Black belts may still choose to perform any pattern up to their highest current rank pattern.

## 2) ***What is a “Jump Rear Hand Punch”?*** - This is important for Black Belts. They may score 2 points for a properly executed Jump Rear Hand Punch to the head, as long as it is executed properly.

- ◇ Jump—There is no set height as long as you break contact with the ground and the judges can see that you jumped.
- ◇ Rear Hand Punch—This means that you strike with the hand that STARTS in the rear hand position. It doesn't matter which foot lands in front as long as you land with good balance.

## 3) ***BLACK BELTS— How much of a lead must you have before the judges will call the match?***

- ◇ Regional Tournament— The judges will call the match when one competitor gets a 5 point lead over the other competitor. Otherwise, the match will last two minutes.
- ◇ National Championship Competition
  - ◇ Preliminary rounds— Black belt matches will continue until the completion of 2 rounds of 2 minutes each or until one competitor accumulates a 10 point lead. When this occurs, the Center Referee will stop time and call the match.
  - ◇ Final Championship Round— The match will continue for the full time (two rounds of two minutes each) regardless of the differential in the score.

## 4) ***NATIONAL CHAMPIONSHIP FINAL ROUND— Forms Winner's Lead***

- ◇ The winner of Forms will receive a lead in the Final Championship Round based on 2 times the difference in their Forms Score and the Sparring Champion's Forms Score. The minimum lead they will receive is 1 point and the maximum is 10 points.

## 5) ***BLACK BELT DIVISIONS***

ADULTS— There will be 3 age groups for Adults – 18 and older, 35 and older, and 45 and older. A competitor will compete in the appropriate division based on their age as of July 1<sup>st</sup> of the competition year, unless they elect to compete in a younger Adult division. This election is made at the first tournament of the competition year in which they participate. Once they choose an age division, they may not elect to change age divisions during the year.

Junior Black Belts will accumulate points earned based on age (as of July 1<sup>st</sup> of the competition year) and gender. The Tournament Director will be free to group them in weight classes deemed appropriate for the size and weight of competitors at each tournament. If a competitor is classified in different weight classes, they will retain all points earned in every weight class within their age division.

Qualifiers for National Championship divisions will be broken into weight classes based on size (based on height and weight) as determined in September of the competition year. There will be a minimum of 3 qualifiers in each weight class or possibly more based on participation during the competition year in that weight class.

# 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 high-

est 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](http://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!”**

# 2018 Black Belt Camps



**MEN'S CAMP**  
May 30 - June 3  
Limestone, AR

**WOMEN'S CAMP**  
June 20 - June 24  
Wall Doxey State Park  
South of Memphis

**FALL CAMP**  
October 6 - 8  
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**

# Upcoming Events

## TOURNAMENTS

**March 17**

Landers Center  
Southaven, MS

**Spar Wars**

**September 15**

Landers Center  
Southaven, MS

**April 28 (Unconfirmed)**

Mt. Juliet, TN

**CTF Nationals**

**November 10 (unconfirmed)**

Nashville Area

**August 11**

Goodpasture Christian School  
Nashville, TN

## TOURNAMENT

## RULES CLINICS

**Feb 2—6PM**

Dickson Taekwondo

**Feb 23—6PM**

Aregis TKD Center

**Feb 28—7PM**

Midtown Taekwondo

**March 3 — 1PM**

Stevens Family Taekwondo

## Black Belt Testings

**March 16**

Southaven, MS

**April 27**

Mt. Juliet, TN

## Black Belt Banquet

December 8 (unconfirmed)

Memphis Area