



CTF Sidekick News

Volume 19 Issue 11 • November 2015

Indomitable Spirit

WHAT IS INDOMITABLE SPIRIT?

As I was preparing to write this month's newsletter, I reviewed past issues. As I read through the articles on Indomitable Spirit, I found innumerable examples of courage and triumph of the spirit.

All of us will face great challenges in life—physical and mental - and how we handle them will demonstrate to those around us the depth and quality of our character. I know from personal experience that the will to succeed and never give in can have a very powerful effect on your life as you pursue your goals.

The single-minded ability to remain focused and pursue our goals despite adversity, fear and setbacks is not something which comes naturally—no one is born with it. You must develop this quality by training yourself to face your fears. You cannot succeed if you do not first attempt the difficult. You will stumble along the way. Everyone does, but the strong person rises up, brushes themselves off and continues on their way!

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IMPORTANT

Please update your
Phone books with our new
Phone number:
1-888-446-4283

Ext. 3 (Office—if you wish to leave a message)



CHECK IT OUT!

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

Indomitable Spirit

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As you move forward, you will recognize your accomplishment of continuing on your journey and, from this, develop confidence to confront even greater difficulties.

We do not always “volunteer” to face new challenges in life. Most merely present themselves to us, and we have no choice. By training ourselves to face the challenges where we had a choice, we have developed the strength of character that will be required to face the unexpected.

Be prepared by not backing down and facing your fears. *“The only thing you truly have to fear is fear itself.”*



Who is your toughest opponent?

A few years ago while training for testing and the CTF National Championships, one of my students asked, ***“Who is your toughest opponent?”*** Upon a moment’s reflection, I answered, “I am.” This answer seemed to surprise her but to me, it is the essence of why I continue to train in Taekwondo. It is truly my belief that *“he who masters himself (or herself), masters everything”*. It is a fundamental truth of life that you can not control others, only yourself, therefore, ONLY by learning to control your actions can you influence the consequences of your actions. If you will examine those situations where things did not turn out as you wished from the perspective of “what could I have done differently and how could that have influenced the result?”, then you are taking the first step on the road to personal improvement. Without self-examination, we are doomed to continue to repeat the mistakes of the past.

Choong Sil Taekwondo is the process of physical and mental development towards a goal of “constant and never ending improvement.” As you take stock of your accomplishments this year, be sure you evaluate your “mental” development in the areas of self discipline, self evaluation and self control. The development of control over one’s self is one of the “secrets” of Taekwondo!

He who masters himself, masters everything.

THOUGHTS ON FREE SPARRING

WHY SPAR?

“Cheryot Kenya—Fighting Stance—Free Spar”

We have all heard these words as we begin a sparring session. What are you thinking then? Is the first thought that goes through your head - “How can I score on my partner?” If so, then you are definitely a member of the majority of Taekwondo practitioners. Most people seem to view sparring as either a game or a challenge of their skills. However, this attitude is counter productive to increasing your skills in sparring since you are thinking competitively and focusing primarily on your best offensive skills. These are probably the skills which need the least amount of development. When sparring competitively, we usually don't focus on developing our weaker areas such as defense, movement, combinations, new techniques, etc. Most importantly, you will probably be fighting by instinct rather than developing your mental discipline and control.

HOW SHOULD YOU WORK TO IMPROVE YOUR SPARRING SKILLS?

First, recognize your weaknesses, prioritize them and develop a plan to gradually work down your list and improve them one by one. Your instructor is the best person to assist you in this process. Through his experience, he can advise which areas you are most likely to improve in at this stage of your Taekwondo career. Frequently, we are not physically or mentally ready to develop some skills until later after we developed a more solid foundation and gained more experience.

Second, recognize and then utilize opportunities to work on your skills. The first place where we learn, refine and improve skills is in drill work. This allows us to focus on the techniques and combinations in an isolated situation without the pressure of having to respond to a partner. Working on your own on a certain combination or technique is another necessary step. You may want to work with a bag or Wavemaster type kicking target to develop the proper stepping, distancing, etc. to make your combinations work properly. Once you have drilled repetitively until the work is becoming somewhat automatic, try implementing it in your sparring session. It is usually best to first use new techniques when sparring lesser skilled opponents who are not stronger than you or skilled enough to really pressure you. You are much more likely to lose your mental focus under pressure and revert to doing the same old thing.

Third, develop your mental discipline and focus. Taekwondo naturally forces you in this direction but, like your physical technique, mental discipline and focus improve through repetitive practice. Rather than approaching a sparring session as a contest or game, train yourself to use it as a training session. Select something you need to work on and DO IT while you spar. Frequently, your instructor has already set the stage for what you should be doing in the preliminary workout—pay attention to what he is working on with you! If the instructor has not supplied a focus for your session, select one of your high priority items that you have been drilling to use during the sparring session. Mentally, you must discipline yourself to stay out of competitive mode and in training mode. You must also convince yourself that it is okay if your sparring partner makes a score on you. For this, you need a partner you can trust to have control. Most of the time, we immediately switch back to competitive mode when someone scores on us. This will be counterproductive to the purpose of the sparring session. If your partner is putting too much pressure on you for you to feel comfortable, explain to them that you are working on new material and would appreciate it if they would go slower with you.

WHAT MAKES A GOOD SPARRING PARTNER?

- ◆ **Don't be competitive.**
- ◆ Allow your opponent to tag you without retaliating.
- ◆ Go at a slow enough speed where you and your partner can experiment with new techniques.
- ◆ Exercise control so your opponent will not be afraid for you to score.
- ◆ Recognize and respect your partner's scores even if they are exercising great control and there is little or no contact. Don't ever hit them back in the face because they pulled their technique and left themselves vulnerable. You have to build trust in your partner for your sessions to be productive.
- ◆ If you are stronger and/or more experienced than your partner, do not take advantage of this. You will both improve more when you work at a speed where everyone is comfortable.
- ◆ **Always maintain your mental discipline and focus.**

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THOUGHTS ON FREE SPARRING

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Fourth, keep working on your new focus area until you find it feeling natural for you when you spar. You can't assume you have it in your arsenal just because you used it effectively a few times. You should continue to strive to have it become automatic.

Finally, move down your list to the next priority and repeat the process. This is the essence of Choong Sil—Constant and Never Ending Improvement.

In conclusion, I want to emphasize that sparring is like playing chess. Once we learn the moves, success will go to the most focused and disciplined player.

SPARRING IN COMPETITION

When we line up in a tournament, the rules are a little different. This is not a partnership situation but it is also not a battle to the death. We still must spar responsibly and remain in control. Uncontrolled attacks and excessive contact are the surest routes to disqualification. Expect heavier contact than classroom sparring since your opponent will most likely be in competitive mode and adrenaline will be flowing freely. Don't let this upset you—you are probably hitting harder than normal too!

Mental focus, control and discipline still remain your most potent weapons. I use the first part of the match to assess my partner—their weapons, degree of offensive or defensive nature, speed and distancing. In order to do this, I begin the match in defensive mode and allow them to be the aggressor—99% of the time, they accommodate! Frequently, I am able to score easily just by allowing them to make a mistake and countering them. Once I have made my assessment, I continue in defensive mode and allow them to continue to attack as this always opens up opportunities for the proper counter. I never switch to offensive mode unless I get behind and must play catch up. I also keep it simple. I know my best, quickest and lowest risk techniques and that is what I use. I don't try to throw a lot of different techniques. If I can win a match with a sidekick or punch, that is all I need. I'm not there to show off—I just need to finish the match 1 point ahead of my opponent. If I do that, I will get to keep sparring. I make sure that I watch my opponents in their other matches and begin my evaluation of them then. By not showing them more than what I have to in order to win the preliminary match, then hopefully, I still have a few tricks up my sleeve for their match. I have found that once I started playing smart instead of just playing aggressively, I was able to begin winning consistently in tournaments.

I have a few simple rules that I keep in mind when I spar that I have refined over the years through my competition experience.

- 1) Maintain your mental focus. Go into your match with a plan and have the discipline to follow it.
- 2) Don't get mad, frustrated, angry, cocky or scared. Sometimes calls don't go your way. Sometimes you get hit harder than you like. Sometimes you make mistakes. Sometimes you lose. None of these is a reason to lose control. Your brain shuts down when you lose emotional control and you will lose.
- 3) Don't be overly aggressive. Every time you attack, you leave an opening for your opponent. Remember you only need to be ahead by 1 point to win. I always like to score first as this takes the pressure off me. There is no reason to just keep trying to score. Hold off and let your opponent come to you.
- 4) Be defensive—keep your hands up. Your opponent can't beat you if they don't score.
- 5) Manage the ring. Drive your opponent out of the ring or trap them in a corner and then score on them when they can't score on you. Turn your target area towards the side with one judge and your opponent's target area toward the other two judges. Move around. Most people can't hit a moving target as easily.
- 6) ***HAVE FUN!** Competition sparring is just a game and a learning experience. Leave your match with new friends and new areas to focus on in your training.*



Health & Wellness

Here's To A Healthier You!!

There are many aspects to developing a healthier lifestyle—more than just how much you weigh. Most of us want to live a long, healthy and productive life but we have gotten so caught up in the hectic lifestyle of today's world that we often fail to consider whether or not we are making healthy choices for ourselves and our families. If we truly wish to maintain total body health, we must consider many areas, such as:

- * Family
- * Diet & Nutrition
- * Fitness
- * Stress Management, Relaxation & Sleep
- * Proper & Effective Health Care

All of these areas are important and also integrated with one another.

For example, much of our society suffers from being overweight. Weight gain can be a result of a failure in the areas of diet and fitness. Often the reasons given for failure are "I'm too busy and don't have time to shop for and prepare nutritious meals and also have no time for exercise". Being too busy may result from a job that is too demanding and stressful or from poor choices about how to spend that leisure time. Many people respond to stress by eating more, drinking alcohol excessively or, even worse, turning to drugs. These are all damaging responses that create a downward spiral on the health spectrum. In this image conscious society we live in, being overweight contributes to poor self image

and increased stress. We are aware of many of the health risks presented by being overweight so many are looking for a quick fix to the problem. We are constantly bombarded with ads for ways to lose weight "quickly and easily". Unfortunately, these are not an effective or healthy way to solve the problem. They may take off the excess pounds for you but once you reach your goal and quit using these products or this special diet, what do you eat? Most people go back to their old habits and the weight comes back... and then some more!

How then do we attack this problem of being overweight? If you truly wish to conquer the problem once and for all, you must discipline yourself to change your lifestyle. You MUST adopt a healthy diet, portion control and a regular exercise program. This is not a short term change to help you lose weight. It is a lifestyle change that you will continue throughout your healthier life!

Need a natural way to feel energized?
Or just a little help with motivation in
your weight loss journey? Try:

Grapefruit Oil

- ◇ Diffuse while dieting or trying to lose weight to increase motivation
- ◇ Add one or two drops to your water to help support a healthy metabolism
- ◇ Inhale from bottle for a natural mood booster



Quick and Easy!

Roasted Cauliflower

- Head of Cauliflower
- Olive Oil
- Salt & Pepper
- Lowry's Seasoned Salt



Preheat oven to 400 degrees. Chop cauliflower and put in large bowl. Toss with olive oil, salt, and pepper. Pour on aluminum foil lined baking sheet. Spread cauliflower as flat as possible and Sprinkle Lowry's Seasoned Salt over cauliflower. Bake for 40 minutes or until browned and soft.

Upcoming Events 2015



CTF Nationals - November 14th

Dickson High School—Dickson, TN

ARE YOU READY FOR NATIONALS?

TRAIN HARD! Whether you will be competing for a National Championship or just competing, right now is the time to make your plans. I hope you have been training hard for this special weekend!

REGULAR TOURNAMENT REGISTRATION is available through your instructor or at the gate on tournament day. It is open to colored and black belts of all ages. We will also be offering Adult Black Belt Board Breaking divisions for black belts who are NOT in the National Championship Board Breaking competition. **BE SURE YOUR CTF MEMBERSHIP IS CURRENT.**

RENEW YOUR CTF MEMBERSHIP ONLINE!

Visit www.choongsil.com and click on the link [Renew Your Membership](#)

Black Belt Banquet

Black belts - Please join us!

Black Belt Banquet and Award Ceremony

Saturday, December 12, 2015

At

The Colonial Country Club

Cordova, TN