



CTF Sidekick News

Volume 19 Issue 9 • September 2015

PERSEVERANCE Practice Makes Perfect!

Choong Sil Taekwondo teaches us that we can reach our goals if we

- * Believe in ourselves;
- * Inspire ourselves to work for our goals;
- * Persevere in pursuit of our goals through self-discipline and the development of a strong work ethic.

Perseverance is that quality that inspires us to come to class and work out even when we can think of other things that we might be doing. How many times have you thought, "I'm tired tonight" or "I think I'll just go home and watch TV instead of going to Taekwondo today"? Hopefully, you have motivated yourself to come to class. Those of you who have done that know the sense of accomplishment and pride you felt upon completion of that class! You have just strengthened your perseverance.

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IMPORTANT

Please update your
Address books with our new
Email addresses:
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CHECK IT OUT!

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

Perseverance

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*I*t is not enough to just show up and walk through class. Taekwondo, like anything worth having, does not come that easily. Our skills develop through consistent and repetitive training. If you put forth your best effort, then you will see results, but if you just go through the motions, you will not be able to keep up with your fellow students.

*A*nyone who has trained for a while knows how hard it is to change bad habits. How many times have you thought, “Why didn’t I learn this the right way the first time?” I have heard that while it may take only 50 repetitions to learn a technique, it may take 500 repetitions to correct it. This illustrates the rule that “Perfect practice makes perfect.” If you practice a technique improperly, you will teach your muscles to do it that way. Then you will have the challenge of fixing your technique. For this reason, you should always pay very close attention to everything your instructor says in class, not just those remarks addressed directly to you.



Once you understand the details of a technique, practice it slowly until your muscles can do it easily without flaws, then begin to practice it in different combinations or with more speed. Don't be in a hurry — Too much speed will cause you to be sloppy and build bad habits into your technique. High kicks are a beautiful trademark of our art, however, developing a strong low kick and body level kick will give you a far more effective sparring or self defense weapon. Once you have developed your basic kick, then you can begin to raise the level of your kicks. Be patient, first you must develop the flexibility, technique and strength to do these kicks.

If you exercise patience and persevere in your training, you will be able to reach your goals.

Patience is a Virtue - Amen

How many times have people preached that patience is a virtue that can lead to all kinds of benefits?

Well, here it is one more time. Patience in the martial arts can mean many things. In one sense it can mean having the mindset to wait out the long haul to achieve great skill at your martial art.

That translates well into every aspect of your life. Too many people rush here, run there, hurry this, hurry that, without really thinking about the consequences of their actions. Patience allows one to avoid the lure of impulsiveness and temptation of immediate gratification. Waiting often leads to the good stuff.

In a more specific sense to a martial artist, patience can mean the difference between scoring a technique and being totally ineffective. Rushing headlong into a defense or an attack, if referring to tournament sparring, can have disastrous results. Ask anyone who has ever repeatedly run into a stiff, lead-leg sidekick.

That doesn't mean that every defense, attack or counter should be thought through until you wring every bit of spontaneity and surprise out of it. It does mean that if something doesn't work, don't let a small failure force you to give up on the battle and resort to blasting away. If your opponent constantly blocks your best techniques, then it is time to rethink your strategy and develop some new techniques.

Frustrating? Certainly - everyone likes to feel successful when sparring, including your opponent. Just don't let your frustration and ego defeat you. Exercise a little more patience and evaluate where your opponent is weak, not necessarily where you are strongest. Everytime your opponent attacks, he is offering you an opening. Take your time and study his attack and timing before countering.

Do you really want to improve or do you just want to play? If you can honestly adopt a mind-set based on a long term goal of improvement, then you must recognize your competitive nature and control it. When you try something new, you will probably create an opening for your opponent, and they may score on you. This isn't negative if you can learn from it. It will only become negative if you feel compelled to retaliate. The only way you can continue to improve is to practice those techniques that don't come easily until they do!

Be patient - Taekwondo takes a lifetime to master!

Spar Wars Tournament

September 19, 2015

The Landers Center

Southaven, MS

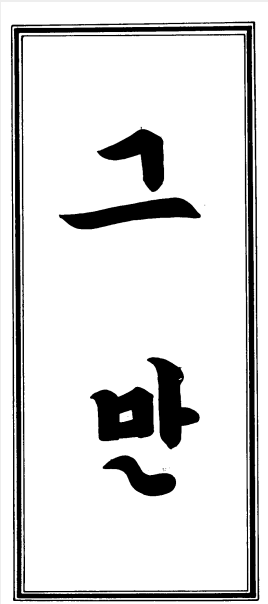
Double-Rated



In the Korean language "*Chun Bi*" means "*ready*"

Chun Bi means ready and is most often used to denote the ready stance wherein the fists are positioned at belt level, seven inches in front of the body, the arms forming a circular shape. Simultaneously the feet are positioned shoulder width apart; the head is erect and the eyes are facing forward. The practitioner should demonstrate a patient but wary preparedness, mentally relaxed with the mind in a state of peace and calm. The breath should be controlled internally with no outward expression.

Chun Bi actually involves much more. We are taught that everything has a beginning and an end; and, in a sense, to begin is to be already half finished. Therefore, the Chun Bi stance indicates a preparedness to com-



HAVE YOU EVER CONSIDERED THAT:

1. Only the dictionary puts success before work.
2. Always be content with what you have, but never with what you are.
3. Everybody is liable to make mistakes - but fools practice them.
4. Busy people do not have the time to be busybodies.
5. If you wouldn't write it and sign it, don't say it.
6. Ignorance is always pleased with itself.
7. There are many people who are making good livings but living poor lives.
8. The stature of a person is measured by their friendliness and courtesy toward someone who can do absolutely nothing for them.
9. The best way to succeed in life is to act on the advice we give to others.
10. If you cannot do great things, do small things in a great way.
11. There is a difference between good sound reasons and reasons that sound good.
12. One of the greatest pleasures in life is doing what people say you cannot do.
13. If you think you have no faults, that makes one more.
14. Swallowing pride never choked anyone.
15. You will never offend a person by returning a smile.

2015 CTF Tournaments

Spar Wars

September 19

REGION I
(Double-rated)
SOUTHAVEN, MS
Hosted by
Hernando TKD



National Championships
Nov. 14, 2015
Dickson High School
Dickson, TN

Don't Quit!

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit-
Rest if you must, but don't you quit.

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a person turns about
When they might have won had they stuck it out.
Don't give up though the pace seems slow-

Often the struggler has given up
When he might have captured the victor's cup;
And he learned too late when the night came
down,
How close he was to the golden crown
Success is failure turned inside out -
So stick to the fight when you're hardest hit,-
It's when things seem worst that you mustn't
quit.

