

WAY OF BALANCE & HARMONY



Newsletter Issue 5

DEDICATION, FOCUS AND CONCENTRATION

Tae Kwon Do is hard work. All senior students will agree with that.

On average, it takes about two and a half to three years to achieve the black belt status.

Dedication and discipline forms a big part in the life of a Tae Kwon Do student. Training can be up to three to four times a week, and an average class session can last from an hour to an hour and a half.

Usually Tae Kwon Do techniques, be it a strike, punch, kick or block, must be practised over and over again. Students might repeat a simple technique twenty times in one night, only to repeat the same move the next time they train. Training must include full concentration and focus to achieve optimum results.

The reason for the repetition is so that even the most basic moves can be automatically performed when they are suddenly required.

FITNESS & FLEXIBILITY

As well as keeping fit by attending regular training sessions, you will need to gain flexibility. This means stretching all your body parts. You need to loosen and warm tight and cold muscles. Most importantly, you need to keep each stretching gentle and slow. You should not use jerking and bouncing movements.

Remember, stretching helps you avoid injuries from pulled muscles.

WAITF TOURNAMENT

Congratulations to Jordan Cheah who participated in this State Tournament and won 2nd place in the Junior Pattern event.

The tournament was held on the 24th of November and approximately a hundred participants of all levels and from different clubs took part in patterns, sparring, special techniques and power breaking events.

Other participants from our Kido Kwan club were Graham Forrester, David Forrester and David Cheah. Apart from their individual pattern events, they also participated in a group pattern event and were very close to being placed second. Well done to all participants, and we look forward having more participants from our club in the future.

CHRISTMAS AND NEW YEAR BREAK

Please be advised that the last training day for this year will be on the 21st of December 2002. Training will commence again next year on the 29th January 2003.

Summer 2002

NEXT GRADING

Saturday

21st December 2002

11.30a.m. to 12.30p.m.

Please note that members must have attended a minimum of 30 lessons since last grading before they can apply for grading.

Key Training Secrets of Tae Kwon-Do

There are 10 key training secrets that students should keep in mind. These secrets will be published over the next 10 newsletters.

Fourth Secret

To study the theory of **POWER** thoroughly.

Power = Speed x Mass (weight)



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ANNUAL COMBINED TRAINING

There will be a combined training on Saturday 14th December 2002 from 10.30 a.m. to 12.30 p.m. at the Macedonian Cultural Centre which is at 71 Grindleford Place Balcatta.

This will be an Annual event for all members to get together to make friends and learn from one another. Parents and friends are welcome to watch the training. Would parents and members please bring a plate of food for lunch which will be held after training.



Mr Peter Wong wishes all members of Tae Kwon Do Kido Kwan and their family a very Merry Christmas and a Happy New Year.

The Interpretations of Patterns (Tuls)

CHON-JI—9TH Gup White Belt

Means literally "the Heaven the Earth".

DAN GUN - 8TH Gup Yellow Belt

Is named after Holy Dan- Gun, the legendary founder of Korea.

DO SAN - 7th Gup Yellow Belt (Green Tip)

Is the pseudonym of the patriot Ahn Chang - Ho, devoted to furthering education of Korea and its independence movement.

WON-HYO - 6th Gup Green Belt

Named after a monk who introduced Buddhism to Korea in 686 AD.

YUL-GOK - 5th Gup Green Belt (Blue Tip)

Is the nick name of a scholar called Yi I, who is also known as 'Confucius of Korea'.

JOONG GUN - 4th Gup Blue Belt

Is named after the patriot Ahn Joong-Gun.

TOI-GYE - 3rd Gup Blue Belt (Red Tip)

Is the pen name of a noted scholar Yi Hwang.

HWA-RANG - 2nd Gup Red Belt.

Is named after the Hwa-Rang youth group in the 7th Century.

CHOONG - MOO - 1st Gup Red Belt (Black Tip)

Given name of 15 Century great Admiral Yi - Soon - Sin.

Meaning of Belt Colours

WHITE (Beginning) - CHOBO

Signifies innocence, as that of a beginner student who has no previous knowledge of Tae Kwon-Do.

YELLOW (Earth) - JIKU

Signifies the Earth from which a plant sprouts and takes root as the Tae Kwon-Do foundation is being laid.

GREEN (Air) - KONGI

Signifies the plant's growth as the Tae Kwon-Do skill begins to develop. The air we breath and essential for life.

Blue (Water) - MUL

Signifies the heaven towards which the plant matures and water which forms two thirds of our body weight and essential for life.

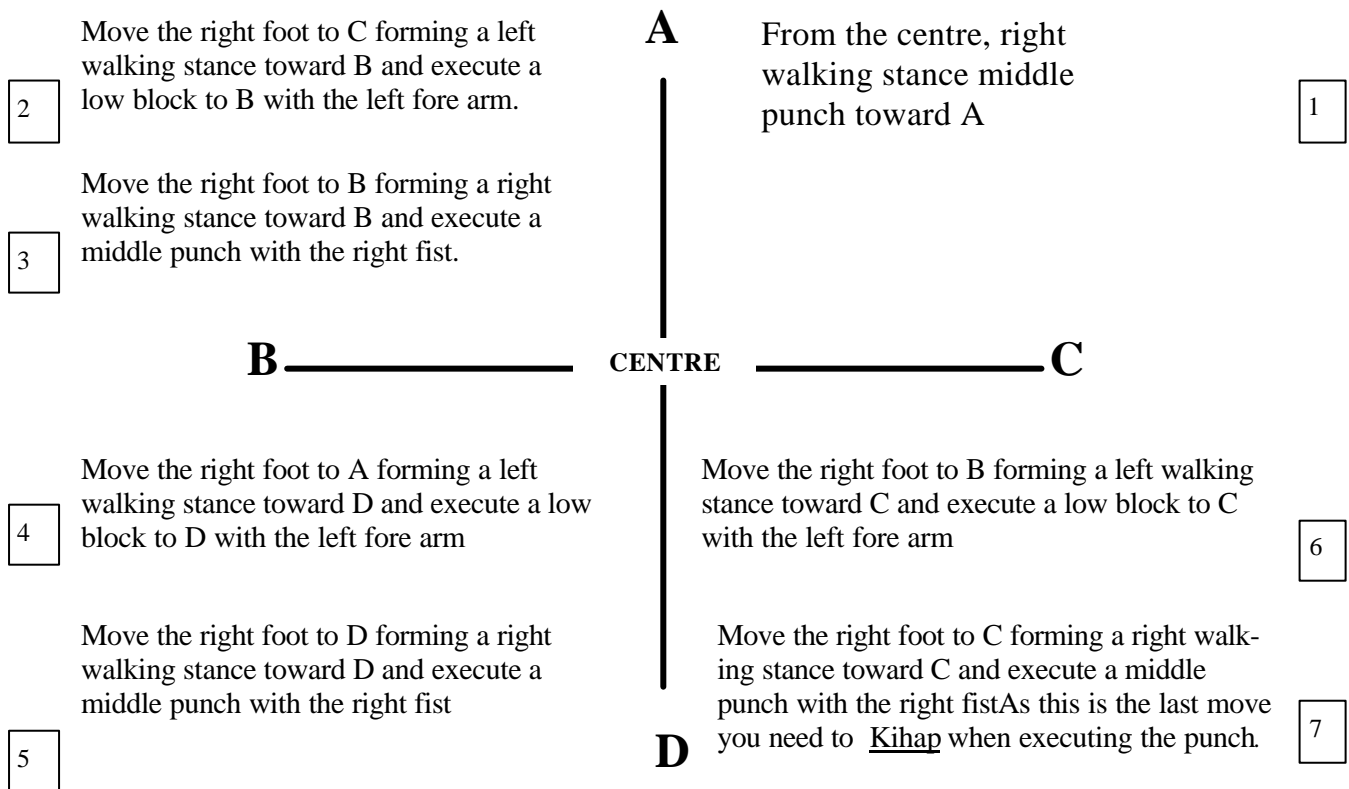
Red (Fire) - PUL

Signifies danger and control.

Black (Maturity) - KIDO (Balance & Harmony)

Signifies maturity, balance and harmony—imperviousness to darkness and fear.

FOUR DIRECTION PUNCH



Notes

1. When commencing with the right side, the next movement is to the left or anti clockwise. Consequently, when commencing with your left side (left punch), the next movement is to your right or clockwise.
2. Ensure that you are facing the right direction, front knee bent and you have executed a middle section punch.
3. Also ensure that you are always on a walking stance for all the movements.

Hint:

When you are executing the right side first, your left foot remains in the same position throughout the pattern. Similarly, when you execute the left side, the right foot remains in the same position.

Fitness and training

Beginner martial artists are not usually ready for serious training. This takes time as they build up their fitness slowly.

As well as fitness you will need to gain flexibility. This means stretching all your body parts. You need to loosen and warm tight and cold muscles. It is important to keep each stretching movement gentle and slow. You should not use jerking or bouncing movements.

Stretching has many advantages:

- It increases heart and lung capacity
- It helps you practice movements you are about to perform
- It helps avoid injury from pulled muscles
- It gives you greater flexibility.

Stretches includes hamstring stretch, lateral stretch, loosening knee joints, rolling head to loosen neck and so on. It is as important to loosen up before training, as it is to cool down when finishing. This maintains the level of blood circulation and reduces muscle spasms.

Sparring

Sparring is when students pair off and exchange techniques with each other, usually without the partner knowing the next move and they practice what they have learned in their patterns.

Sparring is practiced in training and it is important as it teaches students which techniques will work in practical real life situations. It teaches students how to take a hit, as well as how to deliver one.

Full contact is not allowed in sparring as injuries can occur if students do not have control of their actions. Students are usually told to stop their kicking and punching actions a few inches away from their sparring partner to avoid contact.
