

JTC TIMES



Fail to Succeed

How Perseverance Builds Character

Nobody likes to fail. Yet, like taxes and death, it is inevitable that we all will fail at something during our lifetimes. Did you know that Thomas Edison "failed" 3,000 times before successfully inventing the light bulb? Abraham Lincoln "failed" numerous times in his bid for public office before being elected president. Both of these men demonstrated a quality that is necessary for success - perseverance. Perseverance means setting a goal and working to achieve it, no matter how difficult. It means not giving up, even if you do not experience immediate success.

Sometimes, JTC students show up for promotion testing who are not adequately prepared or ready. It does these students no favor to promote them simply because they

show up. To do so also lessens the accomplishments of those students who are truly ready to advance. Students who are not able to demonstrate the necessary skills for a new belt can turn the situation around by honestly looking at why they failed. Some questions to ask of oneself might be -

- How often do I attend class?
- What is my attitude in class? Do I give a good effort, or do I simply go through the motions?
- Do I practice at home?
- Do I ask for help when I don't understand a technique?
- What could I do differently to achieve my goal?

A person's self-esteem is enhanced when he or she perseveres in reaching his or her goal. It is not enhanced through "feel-good" promotions. Students who stick with

What's New on JTCTKD.com

Pictures from June Black Belt Ceremony

Videos of JTC Poomsae including 9 Forms

Downloadable JTC Times

June Obstacle Course Video

their training, practice at home, and ask for help when they need it will be able to turn a poor testing experience into a positive one next time. They will feel much better about themselves knowing they have truly earned their promotion to the next level.

*Ms. Ann Liebmann
JTC Instructor 2nd Dan*

I Am A JTC Black Belt



Hi, I'm Andrew Arifin, and I am an eleven-year old Taekwondo practitioner. I have been with JTC Taekwondo for over eight years. I started

Taekwondo when I was three. Taekwondo has deeply impacted my life. It keeps me fit, gives me discipline, and teaches me respect. Taekwondo has taught me many lessons that will help me throughout my whole life.

Taekwondo is an excellent way to stay active. It teaches respect, discipline, and self-confidence. If you have just started Taekwondo, I advise you to continue doing it. Gradually, you will appreciate the benefits of doing Taekwondo.

Taekwondo also provides a basic foundation to many other sports. Stretching in Taekwondo makes you more flexible. This is very important in nearly every single sport and your daily activities. It makes you less prone to injury. Sparring improves your reaction time, endurance, and quickness, which are much needed in sports such as basketball and football. Going to tournaments dramatically increases your confidence and chance to get a medal or two.

JTC has many good instructors. It is not a place to just come and leave. Master Suh has taught many Taekwondo champions. He is an eighth degree black belt. This is a phenomenal achievement. He is a world famous Grand Master and champion fighter. He has over forty-five years of Taekwondo experience. Mr. Sonu, who has recently started teaching at the

studio, is a very experienced Taekwondo practitioner. He has been doing Taekwondo for more than twelve years. There are many other good young instructors such as Chacko and myself. We both have many years of Taekwondo experience as well.

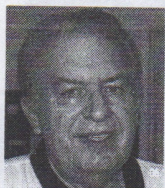
Taekwondo teaches you self-defense. This is really important. You do not know when a situation will arise when you have to defend yourself.

Overall, I love practicing Taekwondo. I hope many of you are inspired and will continue doing Taekwondo.

Andrew won numerous tournaments including two gold medals from 2009 Berkeley Open. He is currently training for his 3rd Dan.

ASK THE TKD DOCTOR: How Do We Stretch Properly?

By Samuel C. Ballon, M.D., Second Dan



Stretching is a gentle exercise. Over-extension of the range of motion of a joint or muscle can result in injury. The

body has two mechanisms to prevent this occurrence. The first senses when a muscle is overstretched and sends a signal to the brain, which is interpreted as pain. The second protective mechanism is known as the stretch reflex. When a stretch is performed too quickly the stretched muscle begins to contract, which slows and then stops the stretch before the muscle can be injured. A bounce into a stretch activates the stretch reflex, which effectively stops the stretch. Thus, although it might seem that bouncing would intensify a stretch and bring faster progress, it actually causes the stretched muscle to physically shorten, and the fully stretched position cannot be reached.

The martial artist should ease into a

stretch to prevent activation of the stretch reflex. Normal, shallow breathing should be used during the period of stretch. The point of maximum stretch occurs when slight discomfort is felt in the stretched muscle. Attempt to stretch beyond this point can split microscopic muscle fibers and injure the muscle. With practice, the point of maximum stretch can be held for longer periods of time, and an increase in flexibility will occur.

The present routine of stretching performed in the studio at the beginning of each class is a clear demonstration of its importance. The student should try to arrive early stretch prior to the start of each class, and stretch at home on the days he or she does not plan to train. Beginning students should ease into the point of maximum stretch and hold the position for a few seconds. The severity and duration of the muscle stretch can then be increased slowly over time.

Recognition of the extreme importance of stretching in developing flexibility comes with age, experience, and maturity. This



is a natural contradiction, because age decreases the potential for maximum flexibility. As the TKD student matures, the ability to maximize the physical aspect of stretching requires a mental stretches well. It is worth the effort.

In the next issue, I will share some of my experience in Korea with Grand Master Suh as I visit the birthplace of Taekwondo under his guidance.

How to Use the JTC Keup Manual

In order to clearly present our curriculum and testing requirements for promotion, JTC is providing training manuals for color belt students. The manual contains an overview of the techniques, relevant information about Taekwondo, and detailed grading criteria for promotion. The Keup Manual will be provided along with your new belt starting in July.

When you receive the Keup Manual, place it in a binder so that you may start a

collection. A copy of your promotion test report will be returned to you so that students, parents, and instructors can keep track of your progress.

Parents of young students are expected to review the manual with your children so that information in the manual is clearly understood.

The first copy is provided for free, but additional copies are \$5 each. The complete set, which includes 9 manuals, is available for \$40.

The Orange Tape: Prequalify for Testing

All students are now required to prequalify for a promotion test. The Poomsae and One-Step Sparring techniques will be reviewed individually a week prior to the promotion

test, and the orange tape will be given to those who show adequate levels of performance. If you are testing but do not have an orange tape, get an instructor to prequalify you!

Have You Filled Out a Survey Yet?

JTC is revamping its offerings and services, and we want you to be at the center of it. Help us to serve you better by providing your input. The survey will run throughout July and a form is available at the lobby.

**Next Picture Day
July 10th, 3 PM**

Any JTC family member can contribute to JTC Times.
Send your article to: info@jtctkd.com

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