

JTC TIMES



Korea - Sparkling



Last month I toured Korea. Three days in Seoul with Master Suh included visits to Kukkiwon, *Namsan* and the Seoul Tower, *Changdeokgung* Palace, *Insadong* (shopping), and a Korean folk village. I then flew alone to *Bussan* in the southeast, and followed the coast northward to *Gyeongju*, *Andong*, and *Seoraksan* National Park where I climbed

to the top of Mount *Seorak*. At the Unification Observatory I was able to see and learn about North Korea.

Returning to Seoul, I reunited with Master Suh and his friends. Again I travelled south, but this time by car to the southwestern county of *Hadong* where culture harmonizes with nature. We visited ancient temples, a historic market, folk village, and a factory producing jam, wine, tea, and ice cream, all from Korean plums grown on

the side of a scenic mountain. The following day we found ourselves in the city of *Namwon* where the Korean version of Romeo and Juliet is said to have occurred several hundred years ago.

Back in the northern city of *Pyeongtaek*, I was given the opportunity to meet members of Master Suh's family including his parents,

brother, and sister. I was welcomed into their home and visited their working farm. Together, we flew to the tropical island of *Jeju*, where we climbed an extinct volcano, hiked along beaches formed from lava and compressed sand, and toured a green tea farm and factory

Excellent Korean food was served at every location. My only complaint at each meal was "Too much food!" The hospitality shown to me by Master Suh and his family exceeded anything I had experienced. Many doors opened for me as a direct result of the respect, which the people we encountered showed for the Master. Although the sights, sounds, and tastes of Korea remain, my most vivid memory is of the new friends, who I met because of Master Suh. I truly left a part of me in Korea when I flew back to California. I plan to return next year.

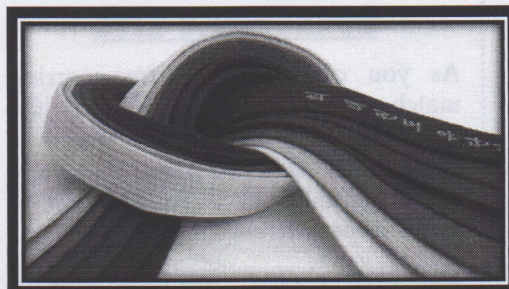
-- Samuel Ballon, M.D., is a Second Dan Assistant Instructor

Black is nothing more than all the colors combined--something every color belt should keep in mind when working toward their goal of black belt, and even something us Dans should keep in mind during training.

Every month at JTC, we are reminded of exactly what each color belt must go through in order to graduate to his or her next rank. Every Keup, from white to brown, is lined up in front of judges at the end of each month to exhibit their knowledge of one-steps, forms, combination kicks, breaking techniques, and Taekwondo lore. It's during these monthly tests that every member of JTC is put through their paces in pursuit of their next belt.

But, as it is with most tests, we all tend to focus on the bare minimum requirements for graduation. It happens. We understand. We've all studied our eyeballs out for different exams while completely ignoring all the other knowledge we've gained up to that point. How many

Black: The Complete Color



times have you crammed for a Spanish vocabulary test, gotten a hundred percent, and then forgotten all of those words by the time of your next exam? Too many to count, I'm sure. Personally I took four years of Spanish in high school, and I can still barely order a burrito at my local Taqueria.

We at JTC are in it for the long term. We're not here just to memorize one or two movements before the big test. This is why we as members should take every opportunity to review our lower-level forms, one-steps, and even the questions we had from previous tests! Achieving

black belt isn't about being able to kick the most butt at the Friday sparring class. It isn't about breaking three boards with a jump spin-kick. Black belt is a level you reach when you're able to stand in front of any color belt--whether they be white, yellow, orange, green, blue, purple, red, or brown--and be able answer their questions and demonstrate every technique in your Taekwondo arsenal without having to think twice.

The true test of a black belt's skill is in his nine-form, it's in his Taegeuk II Jang, it's in his front stretch-kick. A true black belt is not a Taekwondoist who can perform the most complicated maneuvers, but who can competently demonstrate and teach the most basic skills to any beginner. A black belt is not one rank but all of the belts in Taekwondo combined.

-- Mr William Ewon is a First Dan JTC Instructor and teaches the trial lessons

Is Taekwondo Right for My Special Needs Child?

By Mary Warfield-Hooker

As parents of a child diagnosed with ADHD (Attention Deficit Hyperactivity Disorder) we were challenged with choosing an after school activity that could provide an opportunity for her to burn off her extra energy while teaching her the ever important life skills of self-control, self-respect and self-confidence.

Attention Deficit Disorders (ADD & ADHD) are neurobiological disorders that result in a low level of stimulus to the nervous system. To compensate, the ADD/ADHD child typically revs up their internal motor to give their nervous system what seems to them as a normal level of stimulus. To the rest of us, the child appears to be over energized and at times completely out of control.

When my husband suggested Taekwondo as the activity for our daughter I was very concerned. To teach a child who was already prone to outbursts that were hard to control to kick and punch seemed to me as exactly the wrong thing to do. What I didn't understand at the time was that Taekwondo wasn't just about kicking and punching, it was much more.

Although a Taekwondo student learns to



kick and punch, it requires a level of focus that goes beyond the standard motor function. When learning the forms, the brain has to be focused and in control so that the form is executed in the right order. When working on kicking and punching skills the student needs to remain calm and in control so that the kick or punch is on target.

The typical 45-minute class is physically demanding and is just what our daughter needs to burn off the extra energy created by her revved up motor. Our JTC instructors model respect and proper behavior and insist the students behave properly and show respect to all members of the class.

As our daughter moved up through the different belt levels, she was faced with skills that asked more from her physically and mentally. Mastering each new skill helped to build her self-confidence. In June our daughter achieved her first Black Belt and as a family we are all very proud. Although the different belt levels shows to others that our daughter has mastered various skills, the real demonstration of what she has learned shows up in her day-to-day life.

As a result of strong parenting supported by the values of the Taekwondo philosophy our ADHD child has become a valued member of her community. She is able to control her temper much better when challenged and she is more open to learning and trying new things. If you have a child with special learning needs, I encourage you to tell the JTC instructors. This will allow them to modify teaching techniques so that your child benefits the most from training.

-- Mrs. Warfield-Hooker and her daughter Ann are both active students at JTC

How to Make Web Surfing Child-Safe

As the Internet advances deep into the lives of young students, all parents should be thoroughly aware of the dangers of web surfing. Fortunately there are many companies and agencies that are working hard to make the Internet safer for our children.

Here is a list of sites where parents can obtain information and download software to protect our children from the lurking danger of the Internet.

- www.isafe.org
- www.ikeepsafe.org
- www.fbi.gov (Look for "A Parent's Guide to Internet Safety" under Reports & Publications)
- www.safesurf.com
- www.safekids.com
- www.protectkids.com

Focus on Technique: Roundhouse Kick

As you can see in a free-sparring match, the Roundhouse Kick is the most frequently used foot technique in Taekwondo. Did you know that there are more than 30 different ways to throw a roundhouse kick?

Back-foot, sliding, fast-foot, pikyo-chagi or 45-degree, back turning, front turning, double, triple, and jumping are all different ways to execute roundhouse kicks. Combine these with advance-step, back-step, side-step, switch-step, and faint motions, you can execute an effective offensive or defensive kick on an opponent of all types. What is your favorite roundhouse kick?

New Classes Added

We have two new classes added to our schedule for those who wish to improve their cardiovascular condition and sparring techniques. These classes offer high-energy exercises designed to increase athletic ability of advanced students. Come and join us for a fun-filled, hard-core TKD training.

Thursdays 8:35-9:15 pm

Fridays 6:00-7:00 pm

August Picture Day

Friday the 14th at 3:00 pm

No purchase necessary

Any JTC student or parent can contribute to JTC Times.

Send your article, comments, and questions to: info@jtctkd.com