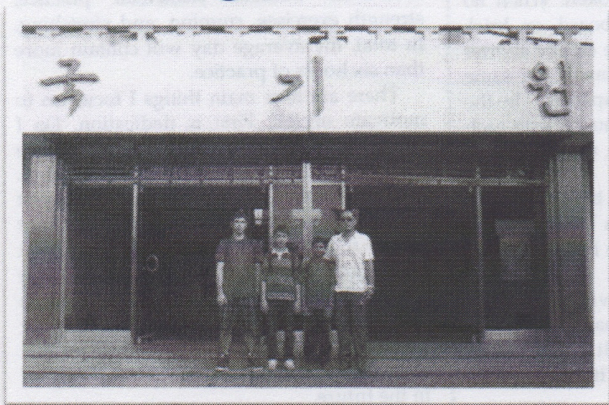


JTC TIMES



Training in Korea with the Pros



JTC Students, Nathaniel, Seth, and Eloy pose in front of Kukkiwon, the headquarter of World TKD Federation, with Grandmaster Suh

I had a great time visiting Korea during my summer break. When I left California, there were two main things on my mind. One was, "What would the training be like?" The other was me wondering how I ended up going to Korea.

When I started Taekwondo at the age of five, I had joined with a couple of friends thinking that this would be a fun thing to do. At the time, I had no idea that in eight years, I would be a second Dan black belt on a plane

to Korea to train with the professional Taekwondo fighters. I'd never even imagined that I would become a black belt. However, as the years passed, I grew more and more confident that I would achieve a high level black belt.

Even though it took many years, I can still remember getting each of my belts. The memories of challenging promotion tests, the excitement of receiving the new belts, and learning and preparing for the next Keup are all still vivid in my mind.

The feeling of triumph as I advanced through the color belts going from an innocent white belt to a brown senior was nothing compared to receiving my first black belt. The whole change from brown senior to black was a life changing moment for me. Many years of hard work as a color belt had finally paid off, and I had accomplished something that I had wanted to do for a long time. This was only possible because of by good training, practice, and having a dedicated mother who dragged me to Taekwondo whenever I felt lazy.

I never thought that I would ever visit Korea, let

alone to do Taekwondo training there. We trained with the Choon Chon City Taekwondo team. The first week we were there, we got to do some weight training from 10 a.m. to 11:30 a.m. Their gym consisted of various exercise machines such as the bench press, leg curls, arm curls, etc. The main workout we did was the treadmill or the stationary bike. Those were meant to keep our endurance up, and it was a good thing, because the free sparring training in the afternoon required a lot of stamina.

Our daily training consisted of physical conditioning in the morning, then sparring training in the afternoon. The conditioning included running, basic kicks, and mock sparring. The evening training included sparring techniques and combination kicks. The only difference between the training in Korea and the average Friday sparring class at JTC was that the training in Korea was a lot more fast paced, which made the training more difficult.

Going to Korea was a great opportunity for me, and I highly recommend it to all JTC students next summer. I learned a lot and got to do loads of training. The best part was that I got to meet many people from around the world and had the opportunity to train with them.

Eloy Fernandez is a Second Dan, and spent three weeks in Korea in July. He is 13 years old.

Taekwondo Yong-Gah! Family Forever

Students stand in line dripping with sweat, exhausted from rigorous kicking drills, multiple forms and one-step sparring techniques. "Hanah... Dul... Set. Tae Kwon...Tae Kwon Do... Yong-Gah!" This mantra, which we yell at the end of every class, symbolizes the bond of our JTC family. We are Taekwondo family bound for life. As a junior belt progressing through the ranks, I never gave much thought to this saying. These words only meant that class was done for the day.

I spent six years training at JTC before achieving my black belt. Shortly after this accomplishment, my educational endeavors took me to Cal Poly San Luis Obispo to pursue my college degree. Three years later, I graduated and took a job in the legal field. My Taekwondo training was temporarily put on hiatus.



During my employment, I developed a passion for the legal profession and once again I found myself back in school. For the past two years I have been studying hard, working towards my Juris Doctorate Degree from Santa Clara University School of Law. In the interim I started to notice a void in my life. I had been away from the Dojang for the past five years and a part of me...a part of my past was calling. On many occasions, I contemplated returning to the Dojang, to my martial arts family but something stopped me. Many thoughts traveled through my head: Is the studio still there? Will any one remember me? Am I physically able to train? Despite all my hesitations I decided to take the leap.

I approached the door and bowed to the flags. Much to my chagrin, the Dojang, my martial arts home, was exactly how I remembered it. Students filled the mats, some of them familiar, others not, but a family nonetheless. Like the prodigal son, I was welcomed back to JTC with warm bows and smiling faces. At that moment, our closing mantra, one that I had never given much thought to, regained its intended meaning. We are Taekwondo family forever. Tae Kwon!

Kevin LeBlanc is a First Dan and third year law student at Santa Clara Law, and has recently returned to training at JTC

Give us a break



Many beginning students of Taekwondo wonder if the punches and kicks which they learn really can help them to defend themselves. Breaking boards and bricks *Kyuk-pa* in Korean is one technique that helps to answer that question by improving accuracy, speed, and power. Concentration and confidence also are developed. The thickness of a board or the number of bricks broken measures both destructive and protective power.

Proper technique also eliminates the risk of any injury resulting from the break. Ultimately, the student should be able to perform multiple or consecutive breaks without fear of injury, since any injury to the hand or foot while defending yourself can cause more harm than the actual attack.

Breaking techniques are governed by strict rules of physics. For those who are interested, I will briefly and simply cover these in the next issue. To be successful in the Dojang, only three basic facts need to be understood:

1. The student must strike the weakest

2. The strike must originate from far enough away from the object to allow sufficient speed to be generated.
3. The proper part of the hand or foot must be used to avoid injury and to pinpoint the exact point where power is to be focused.

Success in breaking also requires proper set-up of the boards or bricks to be broken. When no spacers are used, the bottom board or brick breaks first. The striking distance can be shorter than that which is required to break the same number of objects separated by spacers. In the latter case, the strike must make contact with each object and penetrate the bottom object for the break to be completed.

When a board is held, it must be struck with enough speed to break before it is knocked from the hand of the holder. When the board is hit, it begins to move in the direction of the strike. Thus, the hand or foot must be moving at an even greater rate of speed than the board. A board held with one hand is more difficult to break than one held with two hands because it moves away from the strike more quickly.

Although the height and weight of the student are important, they are not affected by technique. You cannot teach someone to be taller or heavier! In the next issue, I will explain why proper technique can overcome a lack of size and allow you to break boards, bricks, and to defend yourself successfully against your opponent. Hint: think speed, speed, speed.

Samuel C. Ballon, MD, Second Dan

Source of my motivation

Motivation. It's tough, even for the best of athletes, from Kobe Bryant to Michael Phelps to Steven Lopez.

At times, I struggle to motivate myself. For me, the morning is the hardest part of the day. I look ahead to a day of hard work: stretching, jump rope, dribbling drills, individual outdoor basketball practice, strength exercises, running, and stretching. In total, my average day will contain more than six hours of practice.

There are four main things I focus on to motivate myself. First is dedication. Do I commit myself to the task at hand? Do I give up when times get hard? Another is passion. Do I love what I do? Do I have the mindset of working to be the best? If not, it may not be the right thing for you. Also, you must work hard. Whatever you do, do you give it your all? Finally, you must have faith. You must trust in your own ability and your mentors. In addition, you must believe that the time you are putting in now will pay off in the future.

Motivation is the key to success. None of the best athletes were made by accident.

Kevin Arifin, Second Dan

Collect the Merit Coins!

In order to recognize and reward young students (under 10) who show excellent attitude and focus during the regular classes, the instructor will award merit coins to a few best students at the end of every class. The student who collects the most number of coins will be awarded a medal at his or her promotion test. The instructor will also explain the reason why they are receiving them, so that the class may understand what is an excellent attitude. The students also should understand that the coins could be taken away if their attitudes are less than adequate during the class.

We ask parents to work with us to motivate the students to behave with self-control in and out of the Dojang, and let us know of any discipline issues at home or school. We will try to address those as much as possible with positive and constructive methods during training.

Any JTC student or parent can contribute to JTC Times. Send your article, comments, and questions to: info@jtctkd.com

Focus on Technique: Side Kick

Side kick stands out amongst hundreds of Taekwondo kicks as the flagship of our martial art. It is the most powerful and the most beautiful kick of Taekwondo.

Executing a perfect side kick requires flexibility, balance, power, and proper technique, none of which are easy to attain. This is one kick that represents the skill level of a Taekwondo practitioner.

The mirror at the Dojang is one of the best tool to improve your side kick. Practice in front of the mirror to ensure that both kicking and standing legs are fully extended and straight, the hip is tucked in, and the blade and the heel of kicking foot is hitting the intended target. Many students turn their face away as rotate the hip. This is incorrect. The eyes should be fixed on the target.

We encourage you to stretch and practice side kick in front of a mirror daily. You will not only see improvements of your other kicks, but also in flexibility, balance, and strength of your abs and lower body.

JTC TigerZ



We are looking for our best students to become the representatives of the Dojang. JTC TigerZ members will proudly demonstrate their TKD skills at local events and festivals wearing special uniforms and showcase explosive JTC demonstration techniques.

To be considered for JTC TigerZ Demo Team, come to the OPEN TRYOUT on **Saturday, September 12th at 10:00am.**

The selected team members will be required to attend one additional demo practice class, and purchase the JTC TigerZ uniform and a Bong (Long Stick). Please email info@jtctkd.com for more details.

September Picture Day
Friday the 11th at 2:00 pm
No purchase necessary