

JTC TIMES



What is your S.H.A.P.E?

By Master Chin Sonu

Taekwondo, just like other forms of art, provides an expressive way to reveal one's unique character, and helps to enhance oneself through the process of self-discovery. Because of this prevailing nature of martial arts, I, as a TKD instructor, feel that I have a greater responsibility than just teaching the self-defense skills. I am compelled to coach each student so that he or she can uncover and accept his or her natural and unique identity. This understanding and acceptance of one's uniqueness provide a strong foundation for a healthy life.

Rev Rick Warren, in his best seller *Purpose Driven Life*, suggests that we must discover our S.H.A.P.E. in order to lead a fulfilling life.

'S' stands for spiritual gifts. We all have God-given, natural talents that are built within us. When we work on tasks



that are natural to us, we can not only produce better results, but also accomplish them with joy.

'H' stands for heart. What are you passionate about? What motivates you? It's that inner desire that makes you take risks even without rewards.

'A' is for abilities. We accumulate many skills throughout life, and must continue to develop them. For example, some are better with numbers, while some are better at fine art.

'P' stands for personality. It makes each one of us unique. The Myer-Briggs personality test is a good way to define

one's personality. Google 'MBIT' to learn more about the test.

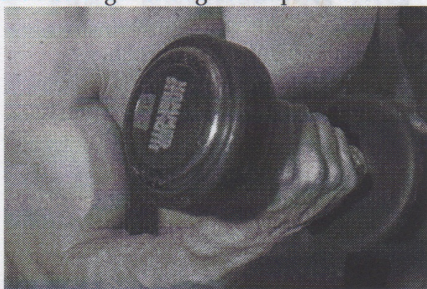
Finally 'E' stands for experiences. We cannot ignore what we've learned throughout our lives, and must apply these life's lessons.

Discovering and using one's S.H.A.P.E. is a life-long endeavor and continuous process. The progress may be slow, but the effort of searching will lead you to discover that you are a masterpiece carefully put together by the creator. The process will help you learn to be more grateful, and motivate you to take the little steps to make this life an ideal one. Your dream can be a reality.

It is interesting to see how everyone develops different styles even when we always teach the same techniques. It is even more interesting that the different styles can become extremely effective if one learns to appreciate it, and use it properly. It is my desire to help each student to discover the hidden treasure within him or her, and use it properly to make this world a great place for everyone.

The Iron Horse

To lift or not to lift? That is the question that many young athletes ask themselves at some point in their development. In martial arts as well as in any competitive sport, there comes a time when the serious student looks for ways to supplement their sport-specific training in order to maximize their physical abilities. Even the most naturally gifted professional athletes understand the importance of an effective strength and endurance program. They run enough sprints, pump enough iron, and increase their strength enough to impress even a



plow horse. Strength training is necessary for any athlete who wishes to improve above a certain level.

The importance of a functional strengthening program is far broader and more sublime than simply the beautiful biceps and rippling abdominal muscles that you will be sporting at the beach. You will teach your nervous system to fire your muscles as quickly and powerfully as possible, and to repeat that action over and over. Doesn't that sound extremely useful in Taekwondo? Resistance training with weights dramatically improves bone density and tendon strength. You can achieve gains from each of those in a high contact sport, not to mention later in life. Your strength, endurance, balance, coordination, focus and state of mind will all be developed through effective weight training. This list of benefits is not even close to complete, but should be enough to convince you that if you truly want to maximize your physical and mental potential, strength training is hard to beat.

As with any physical endeavor, there can be some risk associated with undertaking a

strenuous program of strength training. You definitely should learn the basics of proper form and program design in order to make your training as safe and productive as possible. The more knowledge that you acquire and apply to your training, the more you will be able to reap the benefits of all your hard work and enjoy a long, active, and healthy life. In future articles, I will try to explain some of the basics of an effective program that will improve your body composition, increase your strength and speed, and greatly improve your overall fitness. Oh, and you will be able to kick a lot more butt in sparring competitions as well. 'till next time.

By David Ballon

The author is a certified fitness instructor living in Los Angeles. In 1995 he placed second in the Teenage Mr Universe contest. He is a regular reader of the TKD Times.

The Science of Breaking

This brief discussion is intended only for those in the studio who are younger than I am. Anyone older probably is unable to put this information to good use. Do not be afraid of physics, as we shall be discussing only one simple formula as it applies to breaking:

$$KE = m/2 \times v^2$$

KE stands for kinetic energy which is the type of energy associated with motion. *m* represents mass, which is essentially the size of the person attempting the break. *v* stands for velocity, which is the rate of motion in a given direction. Think speed.

Using this simple formula, the energy generated by the fist or leg attempting the break is equal to one half of the size of the student multiplied by the speed of the fist or leg squared (multiplied by itself). If two students are kicking at the same speed, and one of them is twice as heavy, the heavy student will impart twice as much energy to the board or brick to be broken. However, if two students are of equal size, and one of them kicks twice as fast, he will deliver four times as much energy to the break. Speed is twice as important as size when it comes to a successful break. If the student happens to be large and quick, some astounding breaks can be achieved.

One final concept of physics worth remembering is called inertia, which is the natural resistance of an object to a change in motion. The more mass an object has, the greater



is its inertia. When a punch is directed against an object, which is suspended, only the inertia of the object provides resistance to the moving fist. That is why the breaking of a suspended board or brick is thought of as a speed break. The velocity of the strike must only be high enough to break the object before it is moved by the strike.

I will be happy to discuss any of these concepts with you in the studio. Just remember that with proper technique and speed, you can generate enough kinetic energy to overcome the inertia of any target and break successfully.

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

Focus on Technique: Punch

Because of the emphasis of kicking in Taekwondo competitions, we, Taekwondo practitioners, often neglect the importance of hand techniques. This is one of the primary reasons why some consider that Taekwondo is ineffective in the mixed-martial arts competition. Nevertheless, one should remember that hand techniques of Taekwondo, such as punching, and hand striking, are a crucial part of Taekwondo training.

This is the reason why we practice basic punching throughout the program regardless of rank and age at JTC Taekwondo. Learning how to generate power from the core of the body, properly twisting the forearm before hitting the target, using the reverse momentum of the other hand, and following through the strike beyond the target make a punch a devastating attacking technique.

'Kwon' in Taekwondo means fist or punching. That's how important it is.

2009 Silicon Valley TKD Championships

Competition is a great way to challenge oneself to the next level. Regardless of the outcome, participation alone becomes a great experience, since each competitor must conquer the overwhelming pressure in order to perform against unfamiliar opponents and under strenuous atmosphere.

At JTC Taekwondo, we encourage all students to go beyond the comfort zone and challenge themselves to compete at tournaments like the Silicon Valley Open Championships. It will be a great opportunity to boost confidence.

Each student can compete in Poomsae or Kyorugi. We encourage you to compete in both, as long as you are ready. Please speak to Master Sonu about obtaining permission to compete at this tournament, as we will not send anyone who is not adequately prepared. The event is on Saturday, October 24th. More information is available at: www.SiliconValleyOpen.com.

Challenge!

Remember when you tried to break that first board? What would've happened if you just walked away and didn't even try because you thought you probably couldn't? You wouldn't have your next belt and you would not know that you really could have done it.

Instead, you won the challenge! You elevated your skills! You elevated to the next belt level!

Everyday we wake up to new challenges to either encourage us to fight the battle that arises or we can make the choice to turn away from them and wonder if we could have overcome those challenges. If we don't try to overcome the challenges, how will we improve?

A challenge is to elevate your skills of intelligence or physicality with more difficulty is one definition. In other words, you must push yourself to do better in school or in your Taekwondo class or to just be a better person within yourself. Elevating your skills must be done on a daily basis as practice. So when the challenge arises, such as your math test or belt promotion test, you will be more prepared for that more difficult challenge.

Do take that challenge and elevate your skills and yourself to be a winner!

From MA Times, August 2009

October Events

JTC Birdie Night

Let us take your kids and give you a worry-free 24 hours. We'll feed them, entertain them, and give them an unforgettable time.

Drop off: Friday Oct 16, 5pm

Pick up: Saturday Oct 17 5pm

\$50 alone, \$30 siblings/friends

Bring friends and get \$10 OFF

Space limited so sign up today!

Halloween Party

October 30, Friday 5-8pm

Constume Contest Games, and Pizza.

Oct Promotion Test

October 9

4pm Review

5pm Junior Belts

6pm Senior Belts

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