

JTC TIMES



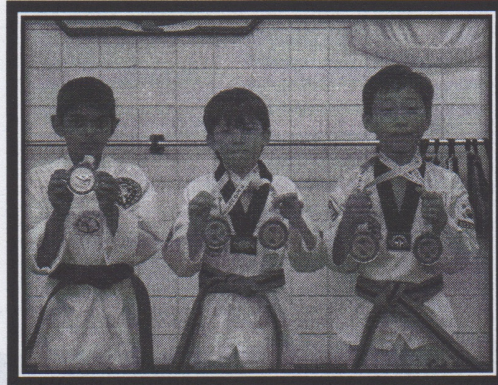
Blood, Sweat, and Tears

By Bill Evon, First Dan

Competition is good for you. Honest. We know it's tough, and the agony of defeat can be, well, agonizing, but it is competition that forces us as martial artists and as people to push ourselves to new levels.

This past month we had several of our JTC students participate in the 2009 Silicon Valley Taekwondo Open Championship right here in San Jose. All of the competitors did an excellent job and received medals for first, second, and third place! The tournament itself was divided into several different categories: creative forms; creative weapons forms; Taekwondo poomsae (forms, again); board breaking; and sparring.

One moment from the day stands out in my mind. Andrew Arifin, one of our 2nd degree black belts, was preparing for the finals in the youth sparring division, when his opponent came to the referee and spoke to him in private. Andrew was called over, and the ref had a word with both boys and then had them shake hands. When Andrew came back I saw the disappointed look on his face, and I asked him what had just



Jay, David, and Jin Hyung show off their medals from the Silicon Valley Open Championship. Eight JTC students participated and brought home six gold, one silver, and five bronze medals.

happened. "The other boy forfeited because his coach thinks I'm too big to spar him," Andrew said, "it's a shame because I really wanted to fight him!" It made me laugh because Andrew had just won a gold medal by default. He was the champion of his division and all he could say was that he wished he could've sparred with the other boy because he looked really talented.

Sparring is a very important part of any Taekwondo competition, and there's nothing like it

really. Surrounded by a cheering crowd, your coach, your teammates, your family, and standing toe-to-toe with a live opponent is exhilarating, it is exhausting, and it can be downright humiliating if the other guy is any good. But these are the opponents we should be looking forward to; not the easy wins, or the no shows, but the real deal Holyfields, the guys who are at the Dojang just as long as you, longer, the ones who are out there leaving blood, sweat, and tears on the mat (theirs, hopefully).

I know it's a little intimidating, but I recommend every single person who practices Taekwondo to get into sparring. It's a true test of your skills—from your reflexes, to your speed, power—sparring will change the way you approach Taekwondo. I have a favorite movie, *Enter the Dragon*, with Bruce Lee, and there's this scene where he's standing in front of his opponent, this giant, menacing, downright ugly beast of a man, and his opponent picks up a board and breaks it with a front punch. Then, with more charisma and coolness than I think I'll ever be able to accumulate in my lifetime, Bruce Lee, with ice-water in his veins, stares the hulk down and says, "Boards don't hit back" It's true. They don't. But, with a little training—a little blood, sweat, and tears—neither will your opponents.

See you in sparring class.

The Iron Horse: Total Body Strength as Easy as 1-2-3

In the last issue we discussed the numerous benefits of adding a strength training program to your martial arts training. Much of this information probably was not new to most of you. We all know that in sports, stronger always is better. When two athletes are of exactly the same skill level but of different strengths, the stronger athlete wins...always! That is why combat and weight-lifting sports have weight class divisions. But how do we start to develop this sought-after strength? The answer to this question has been studied by athletes and scientists alike and is constantly evolving. But I will make it very simple for you. Let's get to work!

The goal is to train all of the major muscle groups of the body in the most efficient way. It can be as easy as 1-2-3: or, in this case: 1 push, 2 pull, 3 squat. All of the important muscles can be worked with these three basic categories of strength training.

- 1 Upper Body Push (think push-up or bench press)
- 2 Upper Body Pull (think pull-up or rowing)
- 3 Squat (think squat self-explanatory)



When you perform these three basic movements with proper form and technique, you have a total body workout which is sure to increase strength, power, and speed.

When doing push-ups or bench press, you are working all of your major 'pushing' muscles which include the pectorals (chest), deltoids (shoulders), and triceps (back of the upper arm). Pull-ups or rowing work the major 'pulling' muscles. These include all of the muscles of the back, the biceps, and the forearm muscles which are important for grip strength in combat sports. Squats work the entire

complex of leg muscles. The thigh muscles, hamstrings, and gluteus are large, powerful muscles which will develop quickly with a routine of various squats.

The best part of this basic routine is that it is not just for beginners. Even elite athletes benefit from this simple three step approach to training. The more bang for the buck your exercise routine has, the better are the results it will produce. Put another way, the more efficiently you train, the faster you will improve. This type of routine is extremely efficient. In addition, if you continue to stretch (see Issue 1 and 2) you will not lose flexibility while increasing your strength and muscle mass.

In the next issue I will discuss proper exercise technique and set up a killer routine for you that will develop awesome total body strength applicable to any sport as well as to daily life. The first routine uses little more than your own body weight and sometimes less! Think it sounds too easy. Tune in next time and see.

By David J. Ballon
Certified fitness instructor

Ask the TKD Doctor: The Effect of Exercise on Your Body

Each time you are physically active, your body endures some stress. With aerobic activity, your heart rate usually has reached 65 to 70 percent of its maximum limit and remained there for some minutes. Your maximum heart rate limit can be calculated by subtracting your age in years from 220. For example, a 20 year old has a maximum heart rate limit of $220 - 20 = 200$. Seventy percent of 200 gives us 140 beats per minute (bpm) as the desired heart rate. When the maximum heart rate limit is reached and sustained for at least 30 minutes, the cells of the body begin to take in sugar in the form of glucose from the blood. Lowering blood sugar reduces the amount of insulin secreted by the pancreas.

Strength training such as lifting weights also

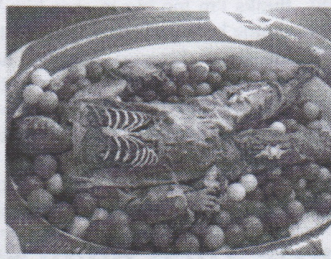
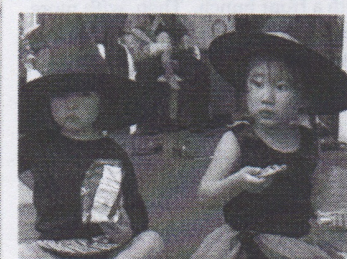
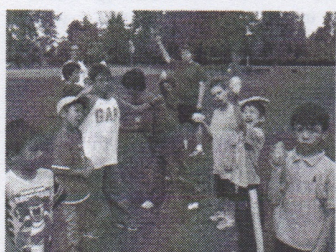
reduces insulin levels, but does so by a different mechanism. As your lean muscle mass increases, your body more easily extracts glucose from the bloodstream and the need for insulin drops. The trauma of strength training also results in muscle injury, which leads to microscopic areas of inflammation designed to repair the muscle for the next training session. Part of this repair process also involves the release of growth hormone (HGH) from the pituitary gland. This results in greater muscle mass from strength or anaerobic training than from aerobic workouts such as running or Taekwondo.

Both types of exercise result in lower levels of insulin in the blood which allows the body to burn fat for fuel which improves health while producing a leaner and more beautiful you.

Thus, if you combine a program of exercise with an appropriate diet of protein, fruits and vegetables as a source of carbohydrate, and fat from sources such as nuts or fish oil, you will be well on your way to becoming physically fit.

For those of you who add strength training to Tae Kwon Do, be sure to allow your muscles to recover from the injury they receive before your next workout. The time required for this healing process gradually increases as we age, but generally requires no more than two days if you are reasonably fit. Listen to your body, and try to strike a balance between overexertion and becoming lazy. I will write in more detail about diet in the next issue.

Samuel C. Ballon, M.D. Second Dan



October was full of fun at JTC Taekwondo. Pictures from the Birdie Night, Halloween Party, and classes are available at JTCTKD.com. Visit our website and see for yourself how fun JTC events can be. See you at the next JTC party!

Focus on Technique: Inside-Outside & Outside-Inside Kicks

Two of the basic kicks of Taekwondo are Inside-Outside and Outside-Inside Kicks. These kicks are also called 'Crescent Kicks' due to the shape of the line that the kicking foot follows. Unlike most other foot techniques of Taekwondo, these kicks are not intended for attacking or defending. Rather, these kicks are designed to improve your kicking ability by increasing the maximum angle of the leg movement at the hip joints.

In order to execute the kicks properly the shoulders and the head must be upright and relaxed. The kicking leg must be straight, and lifted and rotated at their maximum angle.

The shape of the crescent drawn by the kicking foot must be as large and as high as possible.

These kicks also improve your ability to balance when kicking a high target, and strengthen the supporting leg.

One of the most important factors in kicking is where to look. It is the best to look a few inches higher than your highest kicking point for these kicks, so that you are always pushing yourself to the next level.

Because these kicks push your leg's limitation on movements, they must be done only after a proper warm-up and stretching.

November Events

Belt Promotion Test

Friday, November 13

4:00 pm Review

5:00 pm Junior Belts

6:00 pm Senior Belts

Black Belt Test

Saturday, November 21

1:00 pm - 6:00 pm

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