

# JTC TIMES



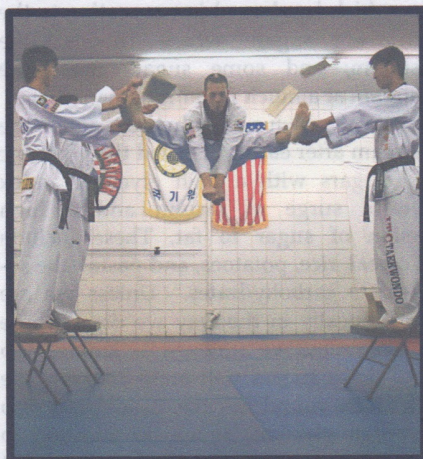
## The Educational Value of Martial Arts

The result of a good education creates behavioral changes in a student. The student is motivated to cultivate oneself and to discover the world around him or her. The changes are constructive, clear, and healthy. The result should be beneficial to both the student and the society to which he or she belongs.

In this respect, the martial arts have a high educational value. Martial art training has great potential to change a person physically, psychologically and emotionally in a very positive way. Since martial art training methods are based on natural law, the body can easily adapt to the fundamental techniques and help students reach their top condition.

Soon after the physical changes, they lead to the mental and emotional improvements. Increased strength, body composure, coordination, and perfection of new skills can all lead to an improved self-image that leads to confidence necessary for success, not only in martial arts, but in all of his or her endeavors.

This process is especially valuable for children and teenagers. Because



Mr. Evon's demonstration impressed everyone at the 2009 JTC Christmas Party

young people are beginners at life, they often get lost or confused along the way. This can cause them to feel failure and it can lead to self-destructive activities, including drugs and alcohol. If they have experienced and learned to deal with challenges, such as those presented in learning a martial art, they are equipped to solve the issues in a mature way.

This, of course, is only one of the many valuable lessons children can learn from martial art training. Many young students

improved grades, given up bad habits, found better friends, or in some way changed themselves dramatically because of better self-image created by challenges in martial art training.

Once the student has a positive self-image, one no longer needs artificial image boosters like drugs, alcohol, gang involvement, criminal activity, or many other vices available to our young people today. A healthy self-image allows the student to accept him or herself as who he or she is, and to move forward in life even in life-threatening situations. When one honestly recognizes who he or she is, then one can set goals and get on the road to self-growth, success, and happiness.

While this process sounds very logical and progressive, it is actually a difficult road to take. Progress requires hard work, determination and patience. Through martial arts, children and adults can learn how to handle challenges and how to go forward when they would rather give up. This is the reason why commitment to earn a Black Belt is an excellent goal for all martial art students. Through perseverance and dedication, the true value of martial art is revealed.

*From Teaching martial arts: the way of the master by Master Sang H. Kim, Ph. D.*

### JTC Top Ten List

**You should train at JTC Taekwondo if you:**

1. Want to be strong
2. Want to be confident
3. Want to be able to defend yourself
4. Want to overcome my weaknesses
5. Need to yell, kick, and break something in a very healthy way
6. Desire to stay young and fit forever
7. Want the pride of wearing a uniform and a black belt
8. Want to know the feeling of kicking butt
9. Want to move and kick like Jackie Chan, but not like Steven Seagal
10. Know that respecting others and earning respect is very cool

## The Iron Horse: Pulling Your Own Weight - Part 2

In our last issue we described the push-up as one of the most basic exercises to train and strengthen the muscles of the chest, shoulders, and triceps. In order to keep the body strong and balanced, it is equally important to train the muscles of the back, your upper body's pulling muscles. The various back muscles are essential for strong, functional movement in almost every direction. The pull-up is the most basic and essential of all upper body pulling movements.

The upper back is the strength base for all shoulder articulations, and the lower back is essential for hip flexion in running and kicking. It is important for rotational power in swinging, throwing and punching. It forms the support structure which holds us upright and helps us resist the forces placed upon us from the front.

Performing a pull-up is technically simple, but does require a good deal of strength. In the pull-up you are pulling your entire body weight and your grip strength is a limiting factor as well. Oh, did I forget to mention the increased grip and hand strength you will derive from performing pull-ups? These are very important for holds and throws in hand-to-hand combat.

To perform a pull-up, grab a bar or even a tree branch overhead with a grip just slightly wider than shoulder width. Your palms should be facing AWAY from you. Let yourself hang all the way down until you feel a good stretch. Grip the bar as hard as possible, tip your head slightly back and look at the bar overhead. Cross your ankles behind you and pull as hard as you can.

*Continued on page 2 ...*



## Ask the TKD Doctor: Carbohydrates - The Good, Bad, and Ugly

The avoidance of fat in the American diet has been associated for many years with a healthy lifestyle. The average person has been encouraged to consume up to 80 percent of their daily calories as carbohydrates. Bread, cereal, rice, potatoes, and pasta are eaten at practically every meal. Of course, fruits and vegetables also are carbohydrates, as is refined sugar found in cake, candy pie, and cookies.

Carbohydrates are necessary to our diet, because the brain uses glucose, a type of sugar, for energy. Glucose can be stored in a form called glycogen the liver and muscle, but only the liver can return its glycogen back to the bloodstream as glucose to keep brain function normal. The amount of glycogen stored in the liver can supply the needs of the brain for only about 12 hours, so we need to eat carbohydrates to maintain the stores of glycogen in the liver.

Problems arise when we eat too much

carbohydrate, because the liver and muscle can store only a small amount of glucose as glycogen about 300 grams in the muscle and 60 grams in the liver. Once these storage areas are full, excess carbohydrate in the blood is converted to fat and stored as fat cells. The hormone responsible for this conversion is insulin, which is released in proportion to the amount of sugar which floods the bloodstream; and some sugars enter the bloodstream at a much faster rate than others.

The rate at which a carbohydrate enters the bloodstream after eating is called the glycemic index. Sugars with a high glycemic index promote a surge of insulin and a high conversion of sugar to fat. These include bread, cereal, rice, potatoes, and pasta the so-called white carbohydrates. Unless we are gifted genetically in the way we digest these sugars; or, unless we are exercise junkies, too much of these sugars will make us fat. The carbohydrates found in cake, candy, etc, also have a high glycemic index, in addition to having little positive nutritional value. But

you have to be informed. Ice cream, for example, which thought to be very bad for your diet, has a lower glycemic index than rice cakes, which many people believe are nutritious.

Fruits and vegetables have a low glycemic index for reasons too complex to explain here. Because of this, they enter the bloodstream more slowly, are burned for energy, and are less likely to result in storage as fat. In simple terms, the average American eats too much of the wrong kind of carbohydrate. Frequent, smaller meals which emphasize fruits and vegetables over the white carbohydrates provide a more sensible solution to a proper diet. I will be happy to discuss specific diets with any of you who are interested. In future articles we will cover the proper fats and proteins to add to your carbohydrate meals.

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



### Pulling Your Own Weight

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Explode upward trying to touch your upper chest or clavicle to the bar on each repetition. Try to focus on starting the pull with your back. Lower yourself under control feeling the back stretch out until you are again at a complete dead hang. Squeeze the bar and explode back up for your next repetition.

Over time you will be able to establish a mind-muscle connection to your back. At first it might feel as if you are pulling with just your arms, but with practice and focus you will learn to use your back. Your back is a much bigger stronger muscle group than the arms so being able to activate it when needed is a great thing. You will, however, receive almost complete activation and stimulation of the biceps muscles every time you perform pull-ups. This is another added bonus.

If you aren't able to perform at least 2-3 pull-ups with your body weight, a cable pull-down machine can help to build strength for pull-ups. The technique for pull-downs is much the same as for pull-ups except you are pulling the bar towards you instead of pulling yourself towards the bar. Use 4 sets of 10 repetitions in each workout and try to increase the weight on your final set. As soon as you are strong enough to switch to pull-ups, the muscle activation and benefits will be far greater.

Once you can perform 3 sets of 8-10 repetitions, shoot for 30 in total no matter how many sets it takes. If you can do that congratulations! You then should be enjoying the benefits of a big strong back, bulging biceps, and a crushing grip. Job well done!

Until next time...

-- By David J. Ballon, Certified Fitness Instructor

### NEW for 2010!

#### JTC Birthday Party

Let us handle your child's next birthday party. Our exclusive TKD party includes celebration and exciting activities for up to 20 kids.

For pricing and schedule, stop by or call the office.

#### Belt Promotion Test

Friday, January 15

4:00 pm Review

5:00 pm Junior Belts

6:00 pm Senior Belts

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