

JTC TIMES



The Purpose of Martial Arts Training

The word *martial* originates from *Mars*, the Roman god of war. According to dictionary.com, the word is defined "inclined or disposed to war." By definition, a martial artist is a person who is skilled in war; one who is an expert at fighting techniques. This is a complete contraction with what we teach at JTC. As a Taekwondo student, we are to create peace, not war. How does one learn the techniques of war and create peace as a result?

The result is clear. I have seen hundreds of young black belts go through their teenage years without serious problems. I have witnessed that they work much harder to not only obtain better grades at school, but also at every goal they believe is important. They are more mature than average students in their class, and have a very healthy self-image. The self-esteem and confidence prevent them from participating in activities that are common to today's problematic teenagers who use drugs and alcohol. They also excel at school, sports, and other activities because they are composed under pressure and have desire and perseverance to become better. This is where many years of martial arts training



really pays off. Even adult students find the inner peace to confidently face life's challenges.

How does martial arts training, which essentially teaches fighting techniques, deliver these results? Why aren't the young black belts who are skilled at using their body as a weapon hurt other students at will? It has to do with choosing the enemy. It's because a mature martial artist is at war with oneself, not with any other.

A common person thinks self-defense is protecting one from another person. Yes, this is true, but it is only a small part of it.

True self-defense is maintaining one's body healthy enough to slow the aging process or an illness, and keeping one's mind clear and in control in a stressful situation so that he or she may not get involved in unnecessary conflict. A true martial artist easily accepts a loss in a situation where it yields a better outcome. Getting even is not a necessity in the mind of a martial artist. Therefore, a true self-defense is managing oneself against laziness, depression, stress, and anger. Only when one is at peace with oneself, then he or she can exercise true self-control.

An important part of the lesson in martial arts, especially in sparring, is self-control. Although the intent is to execute techniques that can injure or even kill the enemy, the training requires that one exert self-control with commitment. Because of this commitment, the mind is in conflict between two opposite forces; the intention to hurt and the discipline to control oneself. The result is a complex decision tree that is constantly being evaluated. The mature martial artist has the ability to make the complex decision tree simple, and is able to choose to do the right decision every time: a process that takes many years to master. Such is a powerful mindset that becomes the source for peace.

-- By Chin Sonu, 4th Dan, master instructor

The Iron Horse: Training Young Athletes

Many Children begin playing and practicing sports at a very young age. By age 5 or 6 many children are playing baseball, basketball, soccer or even learning martial arts. The truth is that this is an incredibly important period in a young athlete's development. During this formative period one can develop some of the fundamental skills, coordination, and flexibility that will define their athletic ability for the rest of their lives. It is also possible to start to develop a very solid strength base in a young athlete. While it is true that we must be aware of the individual needs of young athletes, there is plenty of opportunity to help them become stronger, faster, more agile and more flexible. These skills will provide an invaluable base of athletic development that will carry these young athletes far in the future.

It is a common belief that having children perform weight bearing exercise is dangerous. The truth is that there is no evidence whatsoever that lifting weights is bad for children. However, we must take care to teach correct form and prevent injury to the young child especially to their still developing joints. Children as young as 6 have been shown to benefit from strength training as well as other forms of conditioning. The truth is that the stress placed on children's joints and muscles during many of the sports and activities they participate in is much greater than they would ever incur from proper weight training. For example jumping and landing on one leg can produce forces of up to 8 times body weight. If correctly taught, weight training is perfectly safe for children.

Children can start to develop a great

JTC Top Twelve List Famous Taekwondo Artists

1. Bill Clinton, former US president
2. Michelle Gellar, actress, "Buffy the Vampire Hunter"
3. Juan Carlos I, the king of Spain
4. Ann Keothavong: #1 British tennis player
5. Isha Koppikar: Indian actress
6. Kyle McPherson: professional baseball player
7. Phil Mickelson: professional golfer
8. Willie Nelson: singer, songwriter, and movie star
9. Sharon Stone: actress
10. Bob Wise: former governor of West Virginia
11. Criss Angel: illusionist/magician
12. Neetu Chandra: Indian actress

Ask the TKD Doctor: Fat - The Essential Ingredient

In no country do people fear dietary fats more than the United States; and in no country are the people fatter. In fact, dietary fats do not make you fat. Moreover, fats must be consumed in order to lose excess body fat. Diets which are high in carbohydrates and low in fats keep people fat.

Gram for gram, fats supplies over twice the energy for proper muscle function than do carbohydrates. The trick is to devise and maintain a diet which allows for the rapid release of stored body fat to meet ongoing energy needs of the muscles. A diet which is too high in carbohydrates and too low in fats causes the body to burn stored carbohydrates rather than fats for fuel. Adding fats to you diet will slow the digestion of carbohydrates and reduce

Training Young Athletes

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amount of strength by simply using body weight exercises. Push-ups, pull-ups, body weight squats, lunges, vertical and broad jumps are incredibly beneficial and safe exercises for any athletes including young children. Training young athletes will improve muscle contractile properties, increase the neurological control of the athlete's body, strengthen tendons, ligaments, and even improve bone density.

As far as other types of metabolic training, we can do far better than just



Did you know?

- JTC opened in 1983.
- Grandmaster Jung Woo Suh is an 8th degree black belt.
- Monday after testing is a Fun Day.
- Master Sonu used to be a software engineer.

their rate of entry into the bloodstream. In addition, fats cause a feeling of fullness much quicker than other macronutrients. If you listen to this feeling, you will stop eating sooner. Finally fats make food taste better. A diet which tastes good is an easier diet to follow.

As with the other macronutrients, there are good and bad dietary fats. Bad dietary fats contain arachidonic acid, found in egg yolks, deli meats, and fatty red meat. Saturated fats found in animal protein and whole dairy products also should be avoided on a regular basis because of their effect on the heart and blood vessels.

Most of the good fats are called monounsaturated. Olives, avocados, macadamia nuts, almonds, olive oil, and canola oil are excellent sources. A diet

having children "go for a run or jog". Actually what I'm about to say applies to athletes of any age but is particularly important for children. Play a sport! I strongly recommend taking part in activities such as martial arts, basketball, football, soccer, playing tag in an open field. By doing so, we not only train the metabolic and cardiovascular systems, but we move the body through different plains, at near maximum speeds. These activities have athletes, performing intermittent bursts of maximum speed accompanied by sharp directional changes, all while moving the body through countless angles and movement planes. This benefits the athlete's agility, mobility, joint strength, speed, metabolism, and cardiovascular health....oh, and its so much fun!

Having a young athlete participate in two to three bouts of body weight strength exercises is both safe and beneficial. These exercises can be performed in a circuit prior to or following other activities that mimic the physical demands of many sports these children will play for many years to come.

- You learn how to use nunchucks, swords, and staff in Black Belt Club.
- You learn cart wheels, hand stands, back flips, wall kicks, and jumping back spinning kicks in Demo Classes.
- Taekwondo is an official Olympic sport.



rich in these fats is often called a Mediterranean diet. Come to Italy and see the results for yourself!

In my final article on nutrition, I will try to create a diet for you which is healthy, tasty, and easy to follow. Combined with a little exercise, it should keep you looking and feeling healthy while allowing you to enjoy up to five or six meals each day.

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

As a parting shot, I'll leave you with this gem. I love to give young athletes activities that pack the most bang for their buck and are fun to boot. If you want to strengthen everything from your grip to your calves, grab the thickest rope you can find and play tug of war. The mud pit in the middle is optional!

Until next time....

-- David Ballon, Certified Fitness Instructor

April Belt Promotion Test

Friday, March 9

4:00 pm Review

5:00 am Junior Belts. 6:00 am Senior Belts

2010 Spring Black Belt Preparation Classes

Wednesdays, April 7, 14, 21

7:45 pm - 9:45 pm

Saturdays, April 10, 17, 24

12:30 pm - 3:30 pm

Black Belt Test

Saturday, May 8th

1:00 pm - 6:00 pm

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Details available in the office

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