

JTC TIMES



Going The Distance

Perseverance. Perseverance is probably the first word that comes to mind when I consider what being a black belt means to me. Perseverance is the ability to take one more step when you can barely stand, it's the drive that keeps a black belt not from making a mistake, but allows them to identify that mistake and how to improve upon it. A black belt is not a symbol of perfection, but the evidence that a person has gone the distance in Taekwondo, and is still walking the path toward excellence.

For the past few weeks, nearly all of our brown belts and some of our black belts have undergone rigorous preparation for their upcoming black belt test. The training has consisted of many trials and lessons to help our black belt candidates prepare for the extremely difficult exam they will take this month.

Most notably, among the many tasks set before them, all of our candidates were required to complete a seven-mile run. The run is always scheduled for the last class before testing and it is by far the most grueling and physically demanding part of the preparation before the actual exam. The seven-mile run consists of five



laps from our studio, down Lawrence Expressway, past Mitty High School, around Queen of Apostles Church, and back down Moorpark. The run is always done on a Saturday at mid-day, underneath the unrelenting San Jose sun.

It's important to note that while becoming a black belt does require a decent amount of blood, sweat, and tears, the true reason we have all of our candidates complete the long-distance run is not to test their endurance—at least not their physical endurance—but to test their

perseverance. Seven miles is a long way by any count, and I know personally that after four miles I have a hard time keeping my feet underneath me, which is precisely what our black belt candidates have to endure in order to understand what it means to persevere.

Every person has been taken to his or her physical limit before, but what separates a black belt from a brown belt is that person's willingness to take the extra step, to fight, to pick up your feet when you feel you can't run any further. Our black belt candidates complete this run not only to prove to us they have what it takes, but to discover for themselves that what they thought was impossible was only a matter of putting one foot in front of the other until the journey is complete.

For all of you testing for your black belt this month, I wish you the best of luck, and I'd like to encourage you to look back upon the path you've taken, to appreciate every step it's required. After you've surveyed the long and difficult path you've traveled, I hope you'll look forward to the heights you'll reach on your new journey as a JTC black belt. I personally look forward to seeing you among our ranks. Tae Kwon!

By Bill Eoon, First Dan, JTC Instructor



A new JTC dojang coming to Mountain View

We are opening a new TKD school 'JTC TaeKwon Kids' in Mountain View. This school will specialize in teaching children and offer unique programs for parents.

Stay tuned for Grand Opening in June 2010!

The Iron Horse: The Importance of Rest

To progress and improve at anything we must practice and train. This is true of every skill from playing the guitar, shooting a basketball, to the forms necessary to pass your next belt test. What often separates the greats from the not so greats is the amount of focus and effort. There may be no greater asset in life than the ability and willingness to work hard at your chosen craft or skill. This applies to the quest for greater strength and fitness as well. More important than the perfect training and nutritional program is the effort one puts forth. After a certain point however, more is not always better. If the body or the mind is pushed to its limits, there must be a period of rest and recuperation to allow true continued progress and avoid injury and mental breakdown.

Most top athletes are born with this hard working mentality and then have it

reinforced by other athletes and coaches they encounter throughout their development. Athletes are pushed at a young age, and unless properly coached, often times believe that more is always better. This is not by any means the truth. Rest and recuperation are as important to your training as any other element. If this element is ignored, athletes will eventually cease to progress and the chance of injury will greatly increase. There must be a good balance of hard work and rest for the body and mind to function optimally.

In terms of strength and fitness training, resting is an important factor at every level of training. Manipulating the rest periods, whether they be seconds between reps, minutes between sets, or days between training sessions, can determine the type and quality of the results garnered. For example, if the training program calls for

Ask the TKD Doctor: Food as a Drug

Few of us, including me, have the ability to maintain the proper diet on a constant basis. The pressures of a normal life, including parties, holidays, eating out with friends, and travel for work or pleasure, make this difficult at best. Still, if you are aware of the components of an ideal diet, you are more likely to eat properly most of the time.

The effect of food on your body is as profound as that of any drug. This effect might not be obvious on a daily basis, but can easily be seen over time. When you take a drug, the desired effect lasts only for a short time. That is why the instructions indicate how often the drug must be taken for it to work properly. If you take too much, too often, you could overdose. If you fail to take enough, or wait too long between doses, it might be ineffective. When food is viewed in this way, it is easy to see why a starvation diet, or eating only one meal each day is doomed to failure.

Food produces an effect on your body which typically lasts four to six hours. Assuming that you sleep about eight hours at

night, you should eat five times each day. The time to eat is based on what time you wake up and go to sleep. Plan to have breakfast, lunch, an afternoon snack, dinner, and...yes, a late night snack. After all, you will be fasting for eight hours while you sleep. You should consume about one third the amount of food with snacks as you do at mealtimes.

Each meal and snack must contain protein, carbohydrate, and fat of the proper type and in the proper ratio. Protein is the key. The amount you need is based on your lean muscle mass (not body weight) and your level of physical activity. Instructions for calculating your lean body mass are easily found on the Internet and require no special equipment. A completely sedentary individual needs 0.5 grams of protein daily for each pound of lean body mass. Those involved in heavy training for up to two hours, five days each week need 1.0 gram of protein. Those of us who train at the studio three to four times each week for 45 minutes need about 0.7 grams. So, if your lean muscle mass is 100 pounds and you are working out in the studio, you need 70 grams



(0.7 x 100) of protein each day.

According to what we discussed above, this amount should be divided into eleven portions, with three portions consumed at each meal and one portion eaten at each snack. Now, just add an equal amount of carbohydrate and fat to each meal or snack. If you are not the type to weigh your food, the amount that can fit into the palm of your hand is equal to about four portions. If you choose the right kinds of macronutrients based on what we have covered in previous articles, you are on your way to a healthy diet which will keep you lean, fit, and full.

-- Samuel Ballon, MD, Second Dan

The Importance of Rest

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back squats to be performed, the results of the squats can be completely different depending on the rest periods. If athletes rest 3 minutes or more between sets, the muscles and energy systems will have a chance to completely recover. This will allow the use of maximal weights, resulting in greater maximal strength/ power gains. If the trainee shortens the rest period to one minute or less, suddenly the squat becomes one of the greatest exercises for increasing anaerobic and muscular endurance. Just try doing 5 sets of 12-20 repetitions of the squat with even a modest weight and you will be huffing and puffing harder than if you had run a series of sprints. You will not however, be able to use the same amount of weight as you could have if you had

allowed full recovery, and strength and power gains will be less. Each version has its benefits, but the prescription must match the desired outcome. The same types of differences can be illustrated by training on consecutive days, versus allowing a day or more of rest between sessions, and so on down the line. To the point of how many months per year an athlete trains and even beyond that. If adequate rest is taken then the athlete can train harder during each session and will avoid overuse and wear and tear that could result in stagnation or even injury

The most important element of rest is sleep. The importance of a good nights sleep cannot be overstated. This is when the body does most of its repair work. Remember, training is basically causing calculated micro-trauma to the body. Progress is made as the body heals itself and adapts to meet the demands of that stress should it happen again. Eight hours of quality sleep is a good solid recommendation for anyone, especially the hard training athlete. Mom always told us to get enough sleep, and she was absolutely correct.

As a basic recommendation I leave you with these basic guidelines:

- 1) Get plenty of sleep: Try to get at least 8 hrs per night if at all

- 2) Allow at least 48 hrs between training the same muscles.
- 3) Consume a proper diet: adequate nutrition is essential to allowing your body to recover and improve from hard training.
- 4) Listen to your body: your body will tell you when it is in need of more rest or when it is time to pour it on.

Those of lesser heart and character will find all sorts of excuses to work less, take an extra day off, and not give 110%. But for those of you who want to attack your training and the agendas of your life with everything you've got, remember, adequate rest will only improve your performance, and the results of all your hard work.

Until next time keep working hard, but don't forget to get some rest when needed!.....

-- David Ballon, Certified Fitness Instructor

2010 Spring WTF Dan Test

Saturday, May 8th

1:00 pm - 6:00 pm

May Belt Promotion Test

Friday, May 7th

Review 4:00 pm

Junior Belts 5:00 pm

Senior Belts 6:00 pm



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