

# JTC TIMES



## Discipline

Tae Kwon Do is a discipline. It is a form of training that develops self-control and character. The result of this training also is discipline, the ability to behave in an orderly and controlled manner consistent with the philosophy and techniques of the martial art. This discipline extends far beyond Tae Kwon Do and is relevant to virtually every aspect of our personal and professional lives. Respect for our peers, for those of higher rank, and for our elders is a lesson in daily life. Hard work, dedication, and a continuing desire to improve serve all of us in our chosen careers. A reward for performance also speaks to our desire for advancement which has been earned through honest effort.



the discipline learned can extend far beyond the ability to perform a proper poomse and the color of your belt. Listen to the words spoken at the beginning and end of each class. Try to understand the respect of the black belt students for their Master and for one another. Observe the effort of the serious students at all levels of ability. These characteristics of Tae Kwon Do can become second

I came to Tae Kwon Do as a physician and father. Discipline had already become a part of my professional and my family life. This discipline was not always acquired without mistakes. Trial and error were common. Eventually, with some luck and persistence, goals were attained.

nature. If they carry through to your lives at home, school, or work, you will be rewarded far beyond the skills which you will master in the do jang. "Do" in Tae Kwon Do means "way of life". It should not be neglected.

For those of you fortunate enough to begin training in Tae Kwon Do at a young age,

*Dr. Samuel Ballon, 2<sup>nd</sup> Dan Black Belt*

## Fall Black Belt Testing

It is that time of year again for all our hopeful black belt candidates to begin honing their skills for the upcoming test which will propel them into the ranks of our most senior members. The test itself will take place November 6<sup>th</sup> 2010, and will require all our candidates to undergo a very long and grueling exam to prove their skills are at the black belt level.

In preparation for the test, students will also be required to take a month-long preparation course that will meet twice a week for several hours covering all the topics and knowledge our candidates will have to master before the day of the exam.

Please see the following schedule for the Fall 2010 Black Belt Preparation and Testing, and good luck to all of our candidates!

### NEW VIDEOS ONLINE!

If you haven't done so already, visit us online at [www.jtctkd.com](http://www.jtctkd.com) for instructional videos, fun photos and more!

### FALL 2010 BLACK BELT PREPARATION AND TESTING

- September 11<sup>th</sup>, Saturday, 1:00 to 3:00pm
- September 16<sup>th</sup>, Thursday evening, 7:30 to 9:30pm
- September 18<sup>th</sup>, Saturday, 1:00 to 3:00pm
- September 23<sup>rd</sup>, Thursday evening, 7:30 to 9:30pm
- September 25<sup>th</sup>, Saturday, 1:00 to 3:00pm
- September 30<sup>th</sup>, Thursday evening, 7:30pm to 9:30pm

September 30<sup>th</sup>, all black belt essays, letters to parents, and letters to grandmaster are due.  
September 30<sup>th</sup>, all boards and bricks to be broken at testing must be purchased.

### Photos from August!



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