

# JTC

# TIMES



## Dynamic and Static Stretching

Any student who has been at JTC for as little as one week is aware of the importance of stretching. A relatively defined set of stretching exercises begin almost every class. On occasion, stretching is done during and/or at the end of a 45 minute workout. I have written previously about the importance of stretching in this forum (JTC Times - Issues 1 & 2).

For those of you who are serious martial artists, I recommend that you occasionally browse the internet for current research on the various types of stretching and their effect on athletic performance. I am fortunate to have access to The Journal of Strength and Conditioning Research which is published monthly. Many recent reports define and explore the positive and negative effects of various stretching exercises.

Basically, stretching exercises can be defined as dynamic or static. Dynamic exercises are designed to increase mobility of the joints and muscles. These types of stretching would include swinging the arms from side to side or in circles. Static stretching increases flexibility over time, and includes pulling one leg into the air and holding the position for several



seconds. At JTC, our relatively standard set of stretch exercises has developed over time and been passed down through the generations of instructors. Both types of stretching are involved.

Numerous studies have been published on the effect of both dynamic and static stretching on performance immediately after stretching. These experiments, conducted on both elite athletes and individuals of average skill might cause us to rethink our current practices. Dynamic stretching has a measurable and positive effect on subsequent competition. Static stretching, on the other hand, while gradually improving flexibility, has a negative effect on performance by decreasing endurance, reducing vertical

jumps, quickness, and speed, while increasing the amount of energy expended during competition. In other words, we perform better shortly after dynamic stretching, but worse after static stretching.

Ideally, stretching at the beginning of class should be restricted to dynamic movements, while static stretching should be done at the end of class to improve flexibility for the next

workout. Dynamic stretching is easily taught and learned, while those static exercises which we already use could be retained. If we, as a group, are interested, I could arrange a session for JTC Instructors to develop a group of dynamic stretch exercises appropriate to the practice of Tae Kwon Do.

Samuel C. Ballon, M.D.  
Second Dan

### 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!

## The Art of Total Mastery

This Saturday almost 20 of our JTC students competed in the 2010 Silicon Valley Championships in Santa Clara. JTC took home some gold, silver, and

bronze medals, plus a bunch of great memories and experiences for all the competitors.

Our students competed in several categories from poomse (forms), to combination kicks, to sparring, and we even had one brave student that created

his own form for the creative poomse division.

Everyone had a fantastic time and I want to be the first to congratulate them on all their hard work paying off at the competition.

There were a lot of schools competing for the gold this year and it was interesting to notice some of the different styles of Taekwondo. There were some dojangs that had scores of students competing in the creative poomse division and then only one or two students competing in sparring or normal poomse. We even noticed one school whose students were clad in black uniforms! The competition was truly diverse and it reminded me of what I really love about JTC Taekwondo—our holistic approach to the martial art we know and love.

For those of you who are unaware, our Grandmaster, Jung Woo Suh, attended a sort of martial arts education program growing up in Korea, where all of his academic classes were interspersed with long, hard training hours in the dojang fighting, kicking, punching, training poomse, and self-defense. There was never a day our Grandmaster got to take

off from Taekwondo's many aspects, and I like to think that JTC is a lot like that. While we may not be in charge of your reading, your writing and your arithmetic



(although those of you in Kumon probably view this shopping center as your school away from school), I like to think of our studio as one that teaches and focuses on every aspect of Taekwondo, from the top to the bottom.

What I mean by that is that you can have your fancy creative forms, or your top-notch fighters, or your most skilled and dedicated poomse artists, but if you aren't well-versed in every aspect of our art, you can never really call yourself an expert of Taekwondo, or of martial arts in my opinion. If, at this

school, our students came in and day-in, day-out, just trained poomse or sparring, or backflips for that matter, I feel we'd be doing all our color belts and black belts a disservice. We practice martial arts, and we are artists. I think it's important to remember that in our everyday training, that we *are* artists in the truest sense, and that through our martial art we can fully express ourselves but to fully express *Taekwondo* we must do so by mastering all aspects of Taekwondo.

Our martial art is characterized by the discipline it builds in its students, and it takes a remarkable amount of dedication to master every aspect of Taekwondo. But, with a little sweat, a little blood, and hopefully not too many tears we can all get there, we can all become true artists in the martial style, as long we always show up and work hard at perfecting every part of Taekwondo. And for the record, I am not a big fan of the black uniforms, so don't even ask if we can wear them in the demo class.

*-Billy Evon  
JTC Head Instructor (and perpetual student)*

## Updates from JTC!

-Don't miss out! The Annual JTC Halloween party is just around the corner, October 29<sup>th</sup>. There will be a costume contest, games, and all sorts of candy to get your sugar-stash started for All Hallows Eve.

-Cardio TKD! JTC will be starting a cardio Taekwondo class for anyone interested in training during the daytime. We'll be using Taekwondo to get our heart rates up and our calories down, so inquire with Ms. Kim today for more details!

-Our yearly schedule is online! If you've ever wondered when the next test date was for testing or when we were going to have the Christmas party now you can just look online! Please visit our website, [www.jtctkd.com](http://www.jtctkd.com), and click on the class schedule page for all the latest info testing dates, special events, and more!

www.JTCTKD.com is updated weekly Visit us Today

Send your articles, comments, and questions to: [info@jtctkd.com](mailto:info@jtctkd.com)

JTC Taekwondo Center

5161 Moorpark Ave., San Jose, CA 95129

(408) 253-0500

WWW.JTCTKD.COM