

## KMAF NEWSLETTER

Hello again everyone. Although for many of us the competitive season has come to an end, a number of Judoka continue to compete successfully at prestigious tournaments around the country. The excellent showing at the recent AmCan Judo Challenge in Amherst, NY-both in terms of the number of participants and their excellent showing-is particularly noteworthy. Once again, our Judoka have been much more active than their Taekwondo Colleagues! A complete listing of tournament results and scheduled tournaments follows.

In addition to tournament results, recent promotions and the Training and Conditioning column, this issue contains a short history of Taekwondo by Mr. Gary Hirsch. Mr. Bob Berry, our resident exercise physiologist, was kind enough to pen an article which addresses the critical concept of training specificity.

We will, again, distribute the newsletter electronically; hopefully with more success than our initial effort last month! We seem to have resolved our technical difficulties-thank you Mr. Roscoe-so everyone should receive their issue without difficulty. Just in case, we will make a number of hard copies available at the main school in Brentwood.

-Mr. Moore

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## TOURNAMENT RESULTS

### Buckeye Open Judo Championships, Lodi, OH, May 14

#### Juniors

- 1<sup>st</sup>: Kevin Holman (5-6 yrs)
- 2<sup>nd</sup>: Kevin Holman (7-8 yrs)
- 2<sup>nd</sup>: Nolan Stahl (13-14 yrs)
- 2<sup>nd</sup>: Corey Delmastro (13-14 yrs)
- 3<sup>rd</sup>: Amber Brice (13-14 yrs)

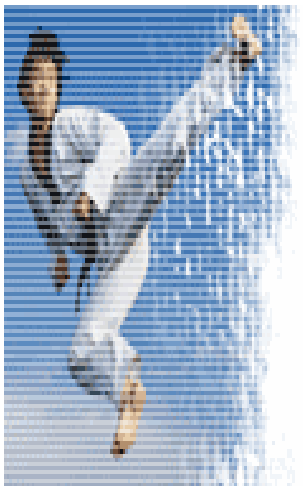
#### Masters

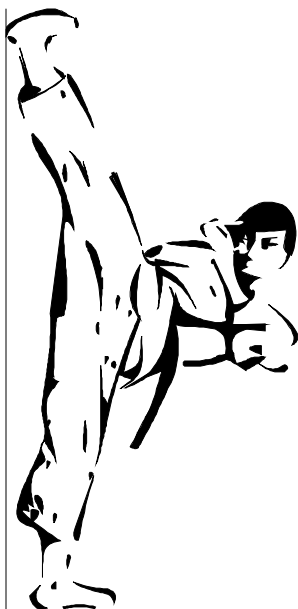
- 1<sup>st</sup>: Steve Brice
- 2<sup>nd</sup>: Tim Boyle

### AmCan Judo Challenge, Amherst, NY, May 28-29

Kims sent a team of 14 Juniors, 7 Seniors and 1 Master Competitor to this challenging tournament Memorial Day weekend. There were almost 1000 competitors this year. Congratulations to Anthony Roscoe for certifying as a National Referee at this event.

- 1<sup>st</sup>: David DeSimone (Masters)
- 1<sup>st</sup>: Zack Cavanaugh, (Junior)
- 2<sup>nd</sup>: Tyler Kim (Junior)





#### Japanese Black Belt Ranks

1st	Shodan
2nd	Nidan
3rd	Sandan
4th	Yodan
5th	Godan
6th	Rokudan
7th	Shichidan
8th	Hachidan
9th	Kudan
10th	Judan

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2<sup>nd</sup>: Aleesha Allen (Junior)

3<sup>rd</sup>: Sal DeSimone (Junior)

#### Taekwondo History

Evidence of a martial art form in Korea that resembles modern Taekwondo dates back to the Three Kingdoms period where murals of combatants were found on tomb walls. The kingdoms that made up this period were the kingdom of Silla (57 B.C.-936 A.D.), the kingdom of Paekje (18 B.C.-600 A.D.), and the kingdom of Koguryo (37 B.C. – A.D.). It was in the kingdom of Silla that the practice of martial arts reached a very high level. Silla unified the Three Kingdoms, taking over Paekje in 668 A.D. and Koguryo in 670 A.D.

In the Silla kingdom, the Hwa Rang Do was created as a military, educational, and social organization during the regime of King Jin Heung. It was made up of youths of noble families, and devoted itself to cultivating mind and body in order to better serve Silla, and played a major role in unifying the Three Kingdoms. The spirit represented by the Hwa Rang Do has been described as the root of Silla's national morality and strength.

The Hwa Rang Do followed a very strict code of honor comprised of 1) rigid loyalty to the nation; 2) respect and obedience to one's parents; 3) unswerving loyalty to friends; 4) courage in battle; and 5) prudence in using violence and taking life. This code of honor still remains the backbone of today's Korean martial arts.

It was during the Koryo Dynasty (935 A.D.-1392 A.D. that the study of unarmed combat through the martial arts reached its greatest early popularity. Taekwondo was known as Soo Bak Do during that period and was greatly supported by royal family military men through matches and demonstrations staged by the kings of Koryo.

However, Taekwondo suffered a major downturn during the Yi Dynasty (1392 A.D.-1909 A.D.) when the kings of that period downplayed martial arts as being attributed to the "inferior man" and, in a short time, martial arts was only practiced in secret with the techniques being handed down strictly by word of mouth from father to son. With the Japanese occupation of Korea in 1909, martial arts as well as other cultural activities were banned. It was only with the liberation of Korea in 1945 that Taekwondo began another developmental leap. Since then, it has consistently grown into the popular martial art we enjoy today.

Mr. Hirsch

Training & Conditioning II- Strength Training

As mentioned in last month's Training & Conditioning column, *strength* is one of the several fundamental components of physical preparation for competition. In fact, it should be a key part of any martial artists training regimen. The term *strength* is rather broad, consisting of limit strength, absolute strength, relative strength, etc. In general, *strength* is the ability to exert force and overcome resistance; *strength* is defined by the International Sports Sciences Association (ISSA) as:

"Strength is the ability to exert musculoskeletal force ...

Strength is trained and improved by regularly exerting force against resistance. Resistance may take the form of one's bodyweight, chinups and parallel bar dips, for example; free weights, barbells, dumbbells and kettlebells; weight training machines such as Nautilus and Universal equipment; surgical tubing; bicycle inner tubes; bungee cords; Thera-Bands; sandbags; medicine balls; etc., etc.! An effective strength training program generally employs several different forms of resistance.

The use of strength training to improve athletic performance is a fairly recent development in the West. When I was a high school student in the mid-1960's and competed in track and cross country (I know, hard to believe!), I was specifically instructed by my coaches not to, "weight lift," because it would, "slow me down," - a virtual impossibility! However, I chose to ignore my coach's advice, continued to train with weights and discovered that, as I got stronger, my times fell. I got faster, not slower as my coaches had predicted! Martial artists, however, have a long history of including strength training in their respective disciplines: *karateka* have employed iron *geta* and *chashi* for some time to improve their technique; for decades, *judoka* have utilized their partner's bodyweight as resistance to perform *uchi nage* and three-man pulls. Today, athletes in very nearly every sport strength train to improve their performance.

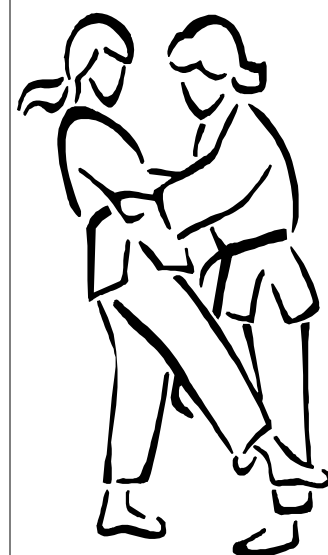
A number of different activities are currently practiced either as strength training methods or as sports in and of themselves: power lifting, Olympic weightlifting, bodybuilding, strongman competitions, etc. As martial artists, our interest is in developing functional strength that will enable us to improve the performance of our discipline in competition and self-defense.

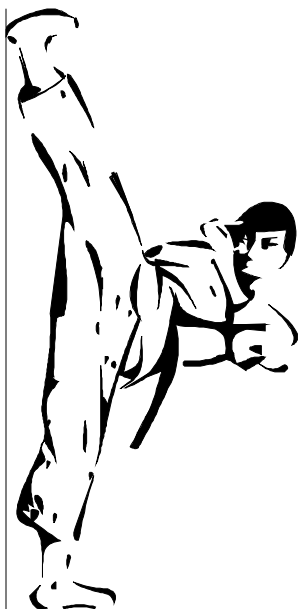
There are a multitude of approaches to strength training: individuals that utilize a specific approach invariably insist that their approach is superior (sound familiar?). Unfortunately, it is not that simple. Would that it were so! I, personally, am a strength training fundamentalist, if not minimalist. The harder, within reason, the better!! In my experience, free weight movements improve functional strength more rapidly than machine training and should comprise the core of one's training program. That is not to say that machine training has no value, rather, the majority of one's training should be devoted to free weight movements. Also, training programs should consist primarily of compound joint movements (squats, deadlifts, clean and presses...), not single joint movements (concentration curls, lateral raises, leg extensions...). The former not only force the use of more than one muscle group, often including stabilizing muscles, but also require an athlete to use their body in a coordinated manner, much like one must do an athletic activity. Finally, movements in one's strength training program should approximate the movement patterns of one's martial art without attempting to precisely mimic a specific technique. To develop stronger *chagi* technique, for example, barbell squats are superior to practicing *yup chagi* with ankle weights. See Mr. Berry's article, which discusses the concept and importance of training specificity in considerable detail.

Before we move on to a discussion of actual training routines, we need to understand how routines are organized. Generally, a particular movement is performed as a group of consecutive individual repetitions: the group of repetitions is referred to as a set and the repetitions are referred to as, well, repetitions, or, "reps." For example, if our routine calls for the performance of

Counting!  
(Korean)

- 1 Ha-Na
- 2 Dool
- 3 Set
- 4 Net
- 5 Da-Sot
- 6 Yo-Sot
- 7 Il Gop
- 8 Yo-Dol
- 9 A-Hop
- 10 Yol
- 20 Su-Mul
- 30 Sorun
- 40 Mahun
- 50 Shwin
- 60 Yesun
- 70 Irun
- 80 Yodun
- 90 Ahun
- 100 Paek





## Taekwondo Poomse

## Palgwe

Law or Command of the  
Universe

Il Jang

Ee Jang

Sam Jang

Sa Jang

Oh Jang

Yook Jang

Chil Jang

Pal Jang

five of military presses repeated five times, we say we are performing five sets of five, abbreviated as, "5 X 5." Also, strength training is generally, but not always, performed on non-consecutive days and on days when one is not engaged in martial arts training. Since many of us are in the dojo/dojang several times each week, this is not so easy! If we must strength train and practice on the same day, it is always better to practice first, then, strength train. Otherwise, our technique will suffer. For example, if your martial training is scheduled on Tuesday, Thursday, Friday and Saturday, then the days available for strength training are Monday, Wednesday and Sunday. I personally do most of my strength training on Sunday and Wednesday and practice martial arts on Tuesday, Thursday and Saturday. Since we are also doing martial arts training, our approach concerning training volume (the total amount of time spent training) should be fairly conservative. This is one of those rare cases when less is, in fact, more!

As we often say on the mat, enough discussion. Next month we will outline basic strength training routines for *judoka* and Taekwondo practitioners that should work well for nearly everyone.

-Mr. Moore

### Specificity in Training

Last month, the training column discussed the concept of periodization. Periodization is a method for organizing training into cycles, each of which has specific goals. The idea behind periodization is to schedule these cycles in such a way so that the goals complement each other, build on each other, and increase the efficiency of training. Very few, if any, of us have the luxury of unlimited time to devote to training. Fortunately, success in most endeavors is dependent on working smarter, rather than harder. This is where the training principle of specificity comes into play.

Specificity is an absolutely critical training concept to understand because it dictates the content of the training program. Specificity refers to the physiological fact that adaptations that occur because of training are specific to that particular mode of training. Just because someone is a good swimmer, you wouldn't necessarily expect them to be a good runner. Similarly, few world-class marathoners are also record holding power lifters. Athletes who excel in a particular sport nearly always do so because they have devoted many long, hard hours to training *in that sport*. This revelation begs the question: "How do I become a better martial artist?" The answer is simple: train as a martial artist.

A martial artist trains, first and foremost, by being on the mat regularly. It is impossible to improve, let alone excel, as a martial artist without being on the mat. You can read about techniques, or discuss theory ad infinitum. But until you physically practice these on the mat, all of your work is merely preparatory. No "armchair" martial artist has ever won an Olympic medal. There is no substitute for being on the mat. Anyone who has spent any time at all with Grandmaster Kim knows that his advice for improvement is always the same: "Train. Be on the mat... no other way." Grandmaster Kim is not repeating some ancient mantra that has no basis in physiology. On the contrary, he is telling us what the martial arts masters learned through hard experience. He is telling us the truth. And what western science is only beginning to be able to explain.

Martial artists train by doing what martial artists do. The principle of specificity states that adaptations are specific to the mode of training. Strength gains are specific to the angle of the joint at which training occurs. Training for the martial arts should, as nearly as possible, replicate movements that occur as part of martial arts. Judo and Taekwondo are both extremely dynamic in nature, making it impossible to predict joint angles at any given moment. Therefore, it is imperative that two things occur. First, train with as many different partners as possible. Tall, short, fast, slow, young or old... it makes no difference. Teach your body to deal with as many different situations as possible. Secondly, choose strength training movements that work through a full range of motion and build functional strength.

Functional strength is the ability to exert muscular force in a useful manner. It is developed through big, multi-joint, or compound movements. Examples of these are squats, power cleans, and dead lifts. These movements require development of core muscles, or ancillary muscles as well as primary muscle groups. Core muscles function as a foundation does, providing a stable platform from which to execute a movement. Primary muscles are those responsible for the actual movement. Both of these are important for the powerful, accurate delivery of technique. Judoka know that you cannot throw until your opponent's balance is broken, conversely you cannot throw effectively if you are off balance. Movements that enhance a martial artist's balance and power are invaluable training tools. Movements that are isolationist, or joint angle specific (i.e. concentration curls and triceps kickbacks), are better left to body builders.

We are not body builders, nor should we train as they do. We are martial artists; to excel, we must train in the manner that most closely replicates our martial art. This means being on the mat consistently. Do not depend on mat time for aerobic conditioning; time spent on the mat is for development of technique and learning. Aerobic conditioning is best done outside of class. Work on refining your technique to a high degree of proficiency. Only after your technique has been developed in this manner should you concern yourself with martial arts specific strength training. To supplement your training on the mat, choose exercises that adhere to the principle of specificity. Judge every potential exercise against this criterion: "How similar is this movement to what I'm doing in class?" The closer the movement is to what you are doing in drills, the more likely it is that you will receive benefits from it that are directly applicable to your martial art.

As always, Master Moore and I are available to discuss specific training questions either at the dojo (dojang), or via e-mail.

Mr. Berry

*"No matter our rank,  
we must train...provide  
an example for  
younger stu-  
dents...become better  
martial artists tomor-  
row than we are to-  
day."*

Grandmaster  
Kyu Ha Kim

## UPCOMING TOURNAMENTS

USJA Junior Nationals Toledo, Ohio, July 1-2

Keystone State Games, York, PA, July 31

25th Annual U.S. Junior Olympic Taekwondo Championships, Alamodome, San Antonio, TX, June 21-25

31st Annual U.S. National Taekwondo Championships, San Jose Convention Center, San Jose, CA, October 27-30

## ERRATA

In the last issue, we misspelled Zachary Dunois' name as Zachary *Denois*. Sorry Zachary!

Ms. Alison Stevens email address is [alisonstevens@hotmail.com](mailto:alisonstevens@hotmail.com)

## PROMOTIONS

Congratulations to Brittany Gaughan, for her promotion to I Dan, which is the second degree black belt in Taekwondo, and to Larry Ross, for his promotion to Sam Dan, or third degree black belt in Taekwondo!

