

*Please note: we welcome and value your feedback. Please let us know what you would like to see included in the newsletter and how you think the newsletter can be improved.*



**BUILDING CHAMPIONS  
IN LIFE**  
for over 35 years

## KMAF NEWSLETTER

Hello again everyone! In addition to our usual features, this issue of Kim's Martial Arts & Fitness contains articles by Zach Dunois, Mr. Gary Hirsch and Mr. Mike Nowak. Anyone who wishes to contribute to the newsletter is free to do so; simply contact me or Ms. Debbie Yenser at, [cdmooreair@aol.com](mailto:cdmooreair@aol.com) or [deborah.yenser@gmail.com](mailto:deborah.yenser@gmail.com), respectively. Also, if you have not already made this discovery, please note that the Kim's Martial Arts & Fitness web page, [www.kimsjudotkd.com](http://www.kimsjudotkd.com), is up, running and fully functional, due largely to the efforts of Mr. Gary Hirsch, the site's Webmaster. News concerning upcoming events, seminars, etc. is posted regularly. Also, as an added feature, articles that contain more information than can be published in this newsletter will be available in their full-length format for you to read at your leisure. Thank you.

Mr. Moore

## STUDENT CORNER

### My Experience With Others

In this issue of our newsletter, I want to tell you about my experiences I learned at other schools. I have been invited to train at the University Of Pittsburgh and also two other satellite schools of Master Kim. Master Kim has taught the instructors at the other schools I have trained at. If you go to a different school you can get a lot of new advice. When you come back to your school you can teach it to the class. If someone teaches you something you like you can change it into your own way. When you go to different schools you will make new friends and workout with different people. Some schools have different mats and different size of a work out area. Miss Yenser and Master Tim Moore taught me drills like volleyball, basketball, bowling, knee drills and the Fred Flintstone, that help me work on my footwork and speed. I like to teach these drills when I am the one in charge. These drills are fun but they teach you different techniques. One of the schools I've been learning some sparring techniques. I went to the 2007 Jr/Sr Nationals this year and went to the coaching class. I learned some different warm-up ideas and showed it to my school. I recently went to a tournament and saw a different school doing drills with paddles that go on your hands. We purchased some for me to work out with to do those drills. These drills help to improve target zones. When I was at another outside tournament another Grand Master gave me some advice. He said, "never to quit" and "no matter if you win or lose you still come home with something experience". So no matter where you train or who with, you still can learn something new and maybe get some good advice. It is always nice to share everything you learn because remember we are all a team.



Thank you for reading my article.

Your T.K.D Buddy

Zachary

# INTRODUCTION TO HOSHINSUL

The study of Taekwondo contains four parts. These are forms, fighting, board breaking and self-defense. This article looks at how beginners should approach self-defense.

In Korean, we call self-defense hoshinsul. Hoshinsul, unlike poomsae, uses a live partner or partners. Sport fighting (kyroogi) rules promote skill and safety. Hoshinsul differs from sport fighting in the safety rules used. All four exercises compliment one another. Ultimately, the ability to defend one's self is the goal of the martial arts.

## Breaking it Down

The study of hoshinsul involves both principles and techniques. Understanding the principles allows students to adapt. The principles include avoidance, assessment, and escape. Knowing the principles means we can break down techniques. We can also weigh outcomes, make adjustments, and consider moral or legal issues. Instructors start beginner students with technique.

Any technique can be broken into five parts. These are physical and mental attitude; avoiding physical harm; distraction; counter attack; and escape.

A threat requires a correct attitude and posture. One should be alert. The weight shifts to the balls of the feet and hands are free. Hands raised with the palms out signal a desire to avoid a fight. If attacked, we are ready to move to avoid harm and execute a block. We are ready to counter with a strike to stun and discourage more aggression. We are ready to take action to stop the attacker and discourage fighting. Yelling (kiyap) relaxes our muscles, prepares our body for action and shows we choose not to be a victim. Next, we achieve our objective by escaping to safety.

We need to practice these basic elements in the technique repeatedly. Repetition is the key to skill. Practice the correct technique until you react without having to think about your response. Practice does not make perfect. Perfect practice makes perfect. We must learn proper technique first. Speed will come later.

## Footwork

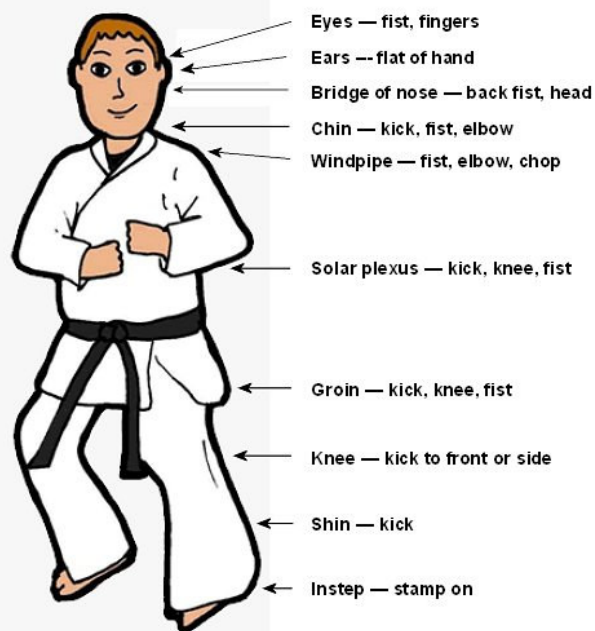
Beginners, when learning a self-defense technique, often focus on the hands. Students often fail to notice the movement of the instructor's feet. Failure to use proper footwork means a higher chance of being hit and less power in blocks and strikes. Improper footwork means poor balance, inability to deal with a larger opponent, and loss of a quick escape. Proper footwork takes us from harm's way and creates a more effective defense.

## Making it Real

Students sometimes approach hoshinsul with a poor attitude. Both tori (the giver, or defender) and uke (the taker, or assailant) must treat practice seriously. In practice, we sometimes see the attacker standing six feet from the defender. The attack never comes near the defender. The correct response for the defender is to do nothing and make the attacker appear foolish. The attack should come as close as possible without actually touching the defender. Grabbing attacks should be clearly uncomfortable. The defender needs to demonstrate a response that shows accurate and powerful strikes. Counter attacks must come close to but not strike uke. We often practice

## Self Defence

### Vulnerable points with methods of attack



with a partner close to our own size. However, we must remember that in real life, the attacker is likely to be bigger than the defender. Partners must show a proper level of intensity. During practice, we may become confused, unable to recall the technique just demonstrated. There may be a tendency to freeze while trying to remember a technique. In a real fight, there will be no time to think. So during practice, with your instructor's permission, learn to react instinctively and create an escape. Then return with your partner and instructor's help to the technique demonstrated. What we practice in the dojang is what we will do in the street.

**Threat Level Assessment**

Threat level assessment is a fancy way of saying "Does this person really want to hurt me?" It also considers the likely consequences of his action and/or my reaction. Common events could be mistaken. Was that bumping a threat or an accident? Does my friend grabbing my sleeve represent an attack or a playful gesture? Do I feel uncomfortable by someone's posture and tone of voice? Can I smooth over this situation? Am I so uncomfortable that I feel I should strike first to avoid being struck? How much force is necessary to escape to safety? The answers to these questions will come more easily as you continue to practice, build your skill level, and grow in confidence and maturity. Pay careful attention to the instruction and advice your teachers give you.

**Concluding Remarks**

The first rule of self-defense is to avoid dangerous situations. The first technique in self-defense is to extend a hand in friendship. A handshake is more powerful than a punch. A handshake builds allies and not enemies. Finally, be certain not to demonstrate your newly learned skills with friends. If they are interested in the martial arts, invite them to your dojang to meet Kwanjang Nim.

**"Nothing in the world  
Is as yielding as water;  
Yet in attacking the firm and inflexible,  
Nothing triumphs so well."  
  
-Tao Te Ching, no.78, Lao Tzsu**

Mr. Nowak

## A VIEW FROM BEHIND THE GLASS

I would like to take a few minutes to give thanks to people who don't always receive it. Not all the students attend Martial Arts for the same reason, with that said, being a black belt instructor is not always what it may seem to be. Each black belt instructor has it's own unique way of teaching and disciplining our children. It can either be ways that they came up with on their own or ways that were passed onto them from other instructors. We are all bringing our children here to learn discipline, self-defense and respect. These instructors are taking their time out of their lives to help train our children. It is not something they are being paid for, but something they enjoy and have great pride in.

If an instructor gives a student, no matter what age, some type of discipline it is only to help them learn. For example: to help them remember a technique, to pay close attention or even to motivate them more. When our children promote to the next level of learning in either Judo or Taekwondo our instructors are part of the reason they are advancing. In this world today we want to hope that what these instructors are teaching our children will help them if a situation should ever arise.

I have great respect for all the instructors and am very happy that they are here to train my child. We have to remember that what our children learn in Martial Arts should not end once they leave the mat. It should be carried on to their homes, school and out in public. They should be practicing anywhere they can; it just does not need to be when they are at the Dojo. They always need to remember what they are taught and to never forget it no matter where they are. I enjoy being behind the glass and being able to see the time and patience that goes into teaching our children. If no one else wants to say it... Thanks for being a part of our children's lives.

A Martial Arts Parent

<b>Taekwondo Black Belt Promotions</b>	
Bobby Cestello	1 <sup>st</sup> poom
Christine Toth	II Dan
Darlene Christian	II Dan
Gary Toth	Ei Dan
Sarah Tarbox	Ei Dan
Chris McMahon	Oh Dan

# THE FIVE TENETS OF TAEKWONDO

[Author's Note: The following text is a brief abstract of a full-length, feature article that discusses the details of the development of our Five Tenets and their applicability in the dojang and on the streets. To view the article in PDF format, go to our web site at [www.kimsjudotkd.com](http://www.kimsjudotkd.com) and click on the link to the Five Tenets article.]



## Introduction



Frequently, at the end of class, the question will be asked of students, “Can you name the five tenets of Tae Kwon Do?” After some stumbling and a few puzzled expressions, student after student will eventually trip over one of them until all five have been identified in one form or another. However, very little is normally discussed as to their origin, their meaning, how they apply in our Tae Kwon Do training and practice, or how these principles can translate and be employed in our everyday life. Space constraints will prevent a detailed discussion of these perspectives in this newsletter. However, we will at least present a brief description of each tenet in an effort to entice you to head for the feature article on our web site.

## The Origin of the Five Tenets

The tenets can be traced back to the beginnings of Tae Kwon Do during the Three Kingdoms period of Korean history. It was during that time that a warrior monk by the name of Won Gwang Beop Sa was asked to develop some rules to live by for the Hwarang Warriors who were not cut out for the Buddhist monk's secluded way of life. He presented them with a set of rules he called the “**Five Commandments for Secular Life.**” These commandments were accepted as the Hwarang Code of Conduct and were comprised of these five rules: rigid loyalty to king and country; respect and obedience to one's parents; unswerving loyalty to and trust of friends; to display courage and never retreat in battle; and, prudence in the use of violence or in the taking of life. Over the years, these principles developed into our current Five Tenets; **Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit.** But, what does each of these mean. Here, we will merely attempt to provide a little more than a one or two word definition.

**Courtesy:** Enduring respect for and consideration of self and others.  
Politeness. Humility.

Courtesy is the one tenet that is taught from the moment we begin in the martial arts. It begins with appropriate bows to individuals and continues with the showing of proper respect to instructors when on the mat. Hopefully, this attitude is carried outside the training hall and allows us to be courteous to those we meet in our daily endeavors.

**Integrity:** Steadfast adherence to a strict moral and ethical code.  
Honesty. Loyalty.

Integrity is that character trait that defines the type of person we are. A person who is honest and loyal to his dojo and instructors is said to have a lot of integrity. It basically means someone who always attempts to do the right thing both inside and outside the training hall.

**Perseverance:** To persist in an endeavor or undertaking in spite of counterinfluences, opposition or discouragement. Dedication.

Perseverance is most easily explained as the dedication to continue to practice all of the forms and techniques we are taught with the knowledge that it would take a lifetime to attempt to perfect any of them. All goals in life take consistent practice to accomplish. Thus, it is easy to see how perseverance would help us to achieve those goals.

**Self-Control:** The ability of a person to exert their will over the inhibitions, impulses, emotions or desires of their body or self. Patience. Discipline.

The easiest way to describe this trait is the ability to “keep your cool!” When you are in a hurry to do something, this trait is the patience to remain calm when something takes longer than you would like. When you disagree with someone, this trait is the discipline necessary to keep from getting angry. When someone is rude or ignorant to you, this trait is what prevents you from turning it into a bad situation.

**Indomitable**

**Spirit:** Having the right attitude and maintaining inner strength regardless of winning or losing. Not allowing one’s principles to be broken, defeated, or conquered. Bravery. Courage.

This is the hardest tenet to understand. Simply put, it’s not allowing all the difficult things we encounter in life from enabling us to accomplish our goals. Every day, we face challenges that are hard to overcome. Indomitable Spirit is what provides us the courage to continue trying in the face of those challenges.

**Conclusion**

When you look around the dojo, it is easy to recognize that we come from varied backgrounds and have travelled down many different roads to arrive at our current status in life. Many of our personal and religious beliefs differ and our respective lifestyles are as varied as the paths we have taken. However, if we believe in and practice the Five Tenets of our martial art, we will find a great level of consistency in the manner in which we conduct our daily lives.

Mr. Hirsch

<b>Five Tenets of Taekwondo</b>	
Courtesy	<i>Ye Ui</i>
Integrity	<i>Yom Chi</i>
Perseverance	<i>In Nae</i>
Self-control	<i>Guk gi</i>
Indomitable Spirit	<i>Baekjul Boolgool</i>

<b>The Samurai ‘s code of Bushido or system of moral principles-</b>	
<i>Gi</i>	Justice
<i>Yuki</i>	Courage
<i>Jin</i>	Benevolence
<i>Rei</i>	Courtesy
<i>Makoto</i>	Honesty
<i>Meiyo</i>	Honor
<i>Chugi</i>	Loyalty
<b>-from Bushido, the Warrior’s Code</b>	
<b>By Inazo Nitobe</b>	

## TRAINING AND CONDITIONING: A SELF EVALUATION

As something of a departure from the normal content of this column, I would like to examine just how it is we determine what activities we engage in to improve our martial arts conditioning.

In today's world, we are subject to a virtual barrage of information on every subject imaginable, including strength training and conditioning for the martial arts. Unfortunately, not all advice is equal; indeed, some popular training protocols are useless if not counter productive for martial artists. For example, we all know that participation in martial arts, particularly competition, requires a high level of cardiovascular fitness. Many trainees elect to run long distances to achieve this end. Although this approach results (hopefully) in a high level of aerobic fitness and has well documented health benefits, it does not result in the sort of cardiovascular fitness that has a direct carryover to martial arts, i.e., anaerobic fitness. The latter is developed by engaging in anaerobic training (surprise!): sprinting, hill runs and especially high intensity interval training, etc.; all of which mirror the sort of demands imposed upon our heart and lungs during a self-defense situation, a *Judo* or a *Taekwondo* match. The same situation applies to strength training: many trainees, "go to the gym and lift weights," with little clear idea of how what they do in the gym will improve their performance as martial artists.

**"If you wish to be above average, you must do more than the average practitioner."**

**-Grandmaster Kyu Ha Kim**

The solution to this problem is simple. First, we need to understand why we are engaging in a particular activity. "Running," or "lifting," are vague, broad descriptions with little real meaning. Rather, we should think in terms of, "anaerobic conditioning for three, two minute rounds of *Kyorugi*," or, "train to strengthen my lower body and my grip to improve my *Nage Waza*." Second, periodically, perhaps annually if not more frequently, we need to honestly ask ourselves if our conditioning has improved. Are we able to fight or compete without fatigue? Are we stronger? Has our body composition changed (hopefully, in the right direction!)? Most importantly, has our martial art improved? If the answer to anyone of these questions is anything other than a resounding yes, then we need to change our training. Obviously, if we are able to answer these questions affirmatively, keep doing what you are doing! This sort of self-evaluation is really an extension of how we should view all of our martial arts training: focus on our areas of weakness and constantly strive to become the best martial artist possible.

As always, if you have any questions or I can be of any help, please contact me at, [cdmooreair@aol.com](mailto:cdmooreair@aol.com), or Mr. Berry at [r.berry13@verizon.net](mailto:r.berry13@verizon.net). Thank you.

Mr. Moore



## MAKING A BID FOR THE OLYMPICS

Hello everyone,

As many of you know, for the past two years, our own young *judoka* Conor Driscoll has been on the West coast undergoing rigorous *judo* training in an effort to win a place on this year's Olympic team. Conor is the son of Dr. & Master Larry Driscoll and his wife, Taffy. Conor began his *judo* training under Grandmaster Kim at the age of 4 1/2.

Conor's intense training has resulted in considerable success in tournament competition and he is now positioned to make a legitimate bid for a place on the US Olympic *judo* team. Conor is in the final stages of preparing for the Olympic team trials in June, which requires him to travel to and compete in a number of *judo* tournaments around the country. The expenses associated with such an effort are considerable; thus far, all expenses have been borne by Conor and the Driscoll family. Unfortunately, a male *judo* athlete other than Conor has been selected by the Olympic committee as the single individual for whom monetary support in the form of direct donations are tax deductible. However, tax deductible donations may be made to Conor through Grandmaster Kim's martial arts education foundation: the Kyu Ha Kim Martial Arts Education Charitable Trust. Grandmaster Kim's foundation is a 501(3) C corporation; all donations to the foundation are tax deductible. All donations sent to Grandmaster Kim's foundation on behalf of Conor will simply be passed along to him. Donations in support of Conor should be sent to me at 104 Soft Shadow Lane, Venetia, PA, 15367; checks should be made payable to the Kyu Ha Kim Martial Arts Education Charitable Trust.

Conor has demonstrated a level dedication and spirit that is deserving of our support. I am sure everyone in Grandmaster Kim's martial arts family will do what they can to help and support Conor in his effort to become an Olympian.

Thank you,

Mr. Moore

