



# 신라

# SILLA TAE KWONDO



## July 09

## Newsletter

Website

The address is: [www.sillataekwondo.com](http://www.sillataekwondo.com)

### Regional Tournament!



What a fantastic effort at the Regionals from you all! Considering our club is still very junior in the Region, we held our own against the other clubs and in style, taking out the Club Spirit Trophy. A big thank you to Rosie for all your work at this, I have no problems with this trophy residing with you for the year. Well deserved!

Some of you found the Regionals hard work, much harder than the interclub. That's to be expected, the standard is much higher. Congratulations to all club members who managed to take home a trophy. There will be more to come of those in the future as you improve your Taekwon-Do. Here's the bit where I mention how important it is to practise at home, not just at club! (Make sure you read the back of the Newsletter!)

Over the next month, we have another interclub tournament on the 18th of July, and some fund-raising to do.

On the 27th July, we are having a mufti fundraising night. This means that you get to train without your Do-Bok, but it will cost you a gold coin donation, or more if you are generous!. All proceeds go to our T-Shirt fund which is coming along nicely. Please wear normal clothes, for example just like what you would wear to the movies.

Sparring gear - there are now many club members with this expensive gear. (Which reminds me that Kara has her gear for sale, I believe it is still in good condition, see me if you are interested.) Please look after your gear. Get a TKD bag and put all your stuff in it, and make sure you wipe down your gear when you have used it. This will stop it from smelling and make it last longer!



More pictures of you guys are up on the website!

#### This months contest:

Name all ITFNZ's senior examiners and their ranks?

Your prize: \$20 financial freedom (open to all Silla students)

No one tried last months contest, so it's back!

#### June's proverb:

**The true Martial Artist is one who does not gain power over others, but over themselves**  
Gen Choi Hong Hi

#### Student of the Month

Student of the month for June has shown great progress and their standard has lifted considerably, congratulations to...**Mark Pettit**

## This Month's Training...

For the next month we will be concentrating on the grading, as well as a bit of sparring for the interclub tournament. Those that attended the Officials course in Hamilton, I expect to see you practising what you learnt at the Interclub.

As we have been going over in class, it's vital that you begin to combine your patterns knowledge with some grace and balance. Those that lost their patterns contest at the regionals, need to look at why they were unsuccessful in the preliminary rounds. Was it that they forgot their pattern, or were they up against a more experienced competitor?

Whatever the reason, the end result was that you were simply beaten by someone better than you on the day.

So what can you do to improve?

- Make your movements flow together smoothly and gracefully. There are no jerky movements in TKD, everything looks smooth and without effort. This only comes from practise. How many of you practise the same movement over and over again, on your own at home until it seems effortless. Hmm...let me guess! To assist you, try putting a book on your head and stepping from a right to left walking stance, without dropping the book! This simple exercise works wonders.
- Understand the purpose of every movement. With few exceptions, there are no movements in TKD that are just for show and are not for offence or defence. If you don't know, ask me! You must understand the movement in order to be able to perform it proficiently.
- You must stretch, or you will injure yourself. If you can't kick at middle height, there are only 3 reasons why. Either you don't have the strength to lift your leg that high, or your leg cannot stretch that far. If you have an injury fair enough, but the other two can be fixed!
- Get to training earlier, and spend 10 minutes walking up and down the hall just going from one stance to the next, performing movements slow. I do this every single training session to warm up and practise my balance, whether I am teaching or training makes no difference.

Practise these 4 basic things, and watch your standard rocket ahead!

Pre-grading night is only 6 weeks away. Practise your theory at home. If you are not sure about something that you are going to be tested on, make sure you ask myself or Mr Skedgwell. We cover everything in class, but if you miss a night, then you will need to catch up.

## Automatic Payments

These make my life so much easier, it means I get to spend more time answering students many questions and less time writing out receipts. If you haven't set one up, could you please do so. The account number is: 06 0433 0392193 00. The name of the account is Silla TaekwonDo with the National Bank. Please make sure you put your **child's** name as the reference or I won't know who deposited the funds!

## Bullying in School

This is probably the one thing that really makes me angry! Bullies are cowards who only pick on someone they know they can intimidate. Don't make yourself a target.

- Don't practice TKD at school, it invites bullies to see if they can pick a fight with you
- Don't brag that you are learning a martial art, because at your stage, you are just that, still learning
- Do stand up for yourself, and for your friends, if you are forced to. If you are bullied and you show the bully you are going to do something instead of just accepting it, they will pick an easier target
- Remember, you may defend yourself only as much as is **necessary**. For example, you can not kick someone that is on the ground, as they are no longer a threat to you. But you **are** entitled to defend yourself!

**Any student that I hear about bullying anyone with what I teach you, will be immediately expelled.  
No exceptions!**

Remember, at **all** times, not just in class, you are required to conduct yourself with:

**Courtesy \* Integrity \* Perseverance \* Self - Control \* Indomitable Spirit**