

Total Taekwondo

A Monthly Magazine for Taekwondo Athletes

Stronger Faster Higher

On the Defense
 ☆ **The Base**
 ☆ **The Element of Surprise**

Taekwondo after 40
The fountain of youth

**EARNED MY
 BLACKBELT
 WHAT'S NEXT?**

**Climbing-A great addition
 to your martial art training**



GREETINGS

Welcome back for another exciting month of Taekwondo Training.

September is always an exciting month in the martial arts industry. Classes start to fill up again from the summer months. Summer schedules turn into full Fall schedules. Tournament season starts up. Martial Art schools around the country and internationally are planning for the coming year.

In this issue, you will find a number of articles to read. From self defense to cross training and one that is very close to our heart:

Taekwondo after 40. We hope you enjoy all the articles. Please feel free to give feedback at any time.

We have also now included a Total Taekwondo Magazine Tab on our website www.totaltaekwondo.net where you will be able to access past issues of Total Taekwondo Magazine.

If you have something you would like to see in the magazine or if you have an article you would like to post, please let us know by email:

totaltaekwondo@gmail.com and we will review it for later issues.





Total Taekwondo

MONTHLY SCHEDULE

SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2	3 Labour Day! No Regular Classes!	4 Footwork & Kicking	5 Poomsae	6 Body Pad & Shield Drills Bring bodypad!	7	8
9	10 Self Defense Applications	11 Sparring! Bring all Gear!	12 Blocking & Striking	13 Footwork & Kicking	14	15
16	17 Poomsae	18 Body Pad & Shield Drills Bring Bodypad!	19 Self Defense Applications	20 Sparring. Bring all gear!	21	22
23	24 Blocking & Striking	25 Tip Testing during regular class times	26 Footwork & Kicking	27 Belt Testing! No Regular Classes! See schedule below!	28	29 Total Taekwondo Championship In House Tournament
30						

Reminder that on tip testing, all students will demonstrate their poomsae for their next tip.

On Belt Testing night, those with the minimum required tips come to testing as per the schedule below. Please be in full uniform, bring all gear in case required, and arrive on time.

Belt Testing Schedule

Kids Taekwondo 1: 4:45-5:30
 Super Kids 1: 5:30-6:00
 Super Kids 2: 6:00-6:30
 Kids Taekwondo 2: 6:30-7:30
 Family Taekwondo: 7:30-8:30
 Teen/Adult Taekwondo: 8:30-9:30



**ENJOY LIFE &
KICK**

BREAKING NEWS

TOTAL TAEKWONDO CHAMPIONSHIP TOURNAMENT #2

IN HOUSE TOURNAMENT

#2 IN OUR GRAND CHAMPION SERIES. POINTS ACCUMULATED WITH BE ADDED
TO OVER ALL STANDINGS

SPARRING POOMSAE
BOARD BREAKING

1 EVENT-20.00 2 EVENT-25.00 3 EVENTS-30.00

SATURDAY
SEPT 29, 2018

NEW MEDALS

DIVISIONS ARE SCHEDULED THROUGHOUT THE DAY SO
NO WAITING ALL DAY TO COMPETE

REGISTER ONLINE AT WWW.TOTALTAEKWONDO.NET
UNDER THE FORMS TAB

PAYMENT OPTIONS: ETRANSFER, ONLINE STORE, IN
PERSON AT THE OFFICE

FALL
SCHEDULE
RETURNS
SEPT 1ST

Kids Taekwondo 1 445-530 PM
SuperKids Taekwondo 1 530-600
SuperKids Taekwondo 2 600-630
Kids Taekwondo 2 630-715
Family Taekwondo 715-800
Teen/Adult 800-900



We can supply all your
Taekwondo equipment needs. Please
our see our online store
Total Taekwondo or discuss with
Instructor Glenda.
See something not there, ask us if we
can get it for you.
Our prices match and better most
suppliers.

Earned My Black Belt. What's Next?

You have spent years training. You have learned hundreds of combinations of blocks, strikes and kicks used in technique classes, self defense, sparring, belt tests, etc. Then comes the day, you have trained for so many years. THE BLACK BELT TEST. The time up to and the day of are full of emotions. At the end of the test, as you are presented with your belt, you are beaming with pride. You have made it! You are now a Black Belt.

What is Next?

The first few weeks after, you are proud to wear that belt and be recognized as a Black Belt. Then reality sets in for a lot of people and they realize it's going to be a while between belts. So many people students leave after this because they don't know what is next.



Being a Black Belt doesn't make you an expert is what you first have to realize. So many people say after there was nothing new to learn. Grandmaster Chong Lee always referred to the Black Belt as building a house. He would say "that the in order to have a strong house, you need a strong foundation. The Black Belt is like the foundation of the house, it is only the start but it should be the strongest part to build on." Refining skills only comes after Black Belt because before that you are learning new techniques each belt.

So really what is NEXT?

For starters, refining your skill is one and always should be #1. Everybody can be STRONGER FASTER HIGHER. So many people have left Taekwondo as a Black Belt ,only to come back later and find their skills have diminished to the point that they wished they had stayed. Next look at the techniques individually and figure out the mechanics behind each technique and why we use them. This will set you up for an idea later in the article.

As a Black Belt, start to think of areas, you would like to specialize in. While you need to keep up skills in all areas, there is nothing wrong with gravitating to a particular area you like. Some people like the fitness of Taekwondo, other like poomsae, sparring or self defense as the area that intrigues them the most.

Earned My Black Belt. What's Next?

Continued

Start training for your 2nd Dan. Talk to your instructors and see what is required. Develop a training plan, set goals, and start to work towards that Black Belt test.

There are many other avenues that are available to Black Belts that are not available to coloured belts that you may be interested in pursuing or gain the skills for:

1. Coach- Poomsae or Sparring. There are many ways to get involved both at a local, provincial and national level. There are also many courses available to assist you and certify you in this endeavour.
2. Referee- Poomsae or Sparring. There are many ways to get involved both at a local, provincial and national level. There are also many courses available to assist you and certify you in this endeavour.
3. Assistant Instructor-Not everybody wants to lead a class but some people are ok with working with a smaller group in a class or leading one part of a class such as warm up, stretching or a drill. This will get you more comfortable with being in front of a group of students. Talk to one of the head instructors to see if this possible for you.
4. Instructor-Feel comfortable in front of the class. Looking to gain skills for a resume or possible career as an Instructor. Taking the responsibility of being an Instructor while not being for everybody may be something you are interested in. This position usuals comes after being an Assistant Instructor for a while where your presentation skills, knowledge and overall enthusiasm for teaching can be evaluated.

While the above options take on a huge commitment, there are many smaller activities in each dojang that are just as important that may be of interest to you. Some activities are holding paddles and shields,keeping lines straight in a class, helping set up and tear down for belt tests,tournaments, and activities in the dojang,etc.. Talk to an Instructor on how you can help out. Most dojangs have a Leadership Team and Program in place to develop the skills you need.

Remember:

Black Belt is a Journey not a Destination

Taekwondo After 40

The Fountain of Youth

For years, people have been seeking the fountain of youth. Let's face it, none of us want to grow old.

Since Taekwondo was introduced to the Olympics in 1988 and then as a full medal sport in 2000, it has really been a young athlete's martial art in terms of numbers participating. So why is there a sudden resurgence in the number of older students starting to attend classes again?

A lot has to do with the type of dojang they attend but more importantly, people are truly seeing the benefit of staying active at an "older" age.

Recently there was an article in a national newspaper about how martial arts like taekwondo are attracting a larger number of "older" students. The article featured a 52 year-old doctor who claimed that martial arts are good for the heart. Also mentioned is a 64 year-old lawyer who has been a Taekwondo practitioner for over 35 years! Other people in their 50's and even 70's have been featured. A 71-year-old retired business owner said that after his Taekwondo classes four times a week, "I feel like a million bucks. I think it's the best exercise there is."

The article pointed out that a growing number of older students are exploring martial arts such as Taekwondo as a way to stay physically and mentally fit. "With its kicks and punches, they are finding the sport brings a number of health benefits as well as increased confidence and respect".

We have often heard many times from people much younger than those mentioned above that they consider themselves "too old" or "too overweight" for martial arts. We often find this funny because they are usually much younger than us! We feel sad for them because they have placed an artificial limitation on their life experiences. We love seeing our adult students after a class. They are so excited and energized! There are so many benefits of adult martial arts. Staying "forever young" we believe is one of them.



In the pic: Dan Lovbakke is one of our Teen/Adult Class Students. Dan trains hard each class and shows what it is like to stay "forever young"!

Melanie Higdon
PHOTOGRAPHY

**Every family
has its own
story.**

facebook.com/
melaniehigdon
photography

ON THE DEFENSE

In this month's article of ON THE DEFENSE, we are going to discuss the two basic techniques that must be incorporated into any self defense program

☆The Base

☆The Element of Surprise

☆The Base

Staying or dropping in the base is so important. This means dropping your hips and spreading your feet to lower your center of gravity and have a stronger base of support- essential to defeating a much larger stronger opponent. It is extremely important to get into a strong base as soon as possible. This will make your attacker have to work harder to push or pull you.



☆The Element of Surprise

The importance of instantaneous reactions to an attack is vital to surviving any attack. Your reactions must be automatic, without having to waste time thinking about what the attack is or the response to that attack. This will greatly increase your chance of survival. The only way to do this is through practice, practice, practice. Timing is important in all sports and is just as important for self-defense. If you can time a technique so that your attacker is not expecting it, your technique will be more effective. You can use a distraction such as putting your hand to their face to take his attention away from the area you want to hit...few victims have instantaneous responses, which is what your attacker is hoping for.

CLIMBING

A Great ADDITION TO YOUR MARTIAL ARTS TRAINING

With the popularity of American Ninja Warrior and other obstacles course style events One of the new activities, we have done in recent years to cross train has been utilizing climbing walls. We have found this to be very beneficial to our training and fitness. Below is listed the top 6 reasons you should consider adding this activity to your training regime.



#1 Increases Cardio While Building Muscle

Probably one of the best aspects to climbing walls is the fact it increases cardio fitness and develops stamina, all while adding muscle. As the upper body climbs and pulls the body up, the legs and core are constantly looking to maintain balance, while also advancing upwards. The body is being worked non-stop and remains on high alert.

#2 Burns Calories

Because the muscles are engaged the entire time, this is a complete full body workout. With the body constantly working and staying active, it burns a lot of calories. Studies have shown climbing can burn anywhere from 500-900 calories could be per hour.

#3 Helps You Make Smarter Decisions

Climbing walls will certainly help you to develop decision making quickly.. This activity requires navigating up and through different routes along the climb. As a result, problem-solving and decision-making skills are put to the test, and being able to react quickly and intelligently will vastly improve those skills.

#4 Better Balance & Coordination

With all of the changes in bumps and footholds, climbers will need their eyes, hands, and upper body to work in unison as they ascend to the top, as well as their legs to move and provide support. That hand-eye coordination is crucial to escalating up the rocky wall, and a strong sense of balance will be needed to maintain, and improve, one's positioning.

#5 Builds Self-confidence

Going up in heights, whether it is on a climbing wall or a rock face, is intimidating. One wrong move could lead to injury. But being able to physically push the body to new heights until reaching the top will instill a new sense of confidence and personal achievement.

#6 Increases Flexibility

Having to reach out to that next hand hold or foothold, means stretching those muscles out while not even thinking about it. Having extension of the limbs while adding body weight tends to stretch those muscles even further while gaining strength during the stretch.

Don't have access to a climbing wall? Not sure about the heights? There are many other opportunities around you that utilize the same movements. Use playground equipment!. Buy a very cost effective set of gymnastic rings on Amazon!



TIPS & TECHNIQUES

A good partner is the most important training aid that exists. A good partner will help you perform to your maximum ability, and do so while ensuring your safety. You must display courtesy and respect for all people, and especially for your classmates and training partners. A good partner learns how to hold a shield properly, how to receive a kick, and how to control their techniques so that they are not hurting people in class. Training partners are encouraging and positive, not insulting and negative.



In Photo. Joram and Landin helping each other with self defense.



A Push Kick (mireo chagi) is a kick in which you try to push your opponent away with the bottom of your foot. It is performed somewhat like a Front Kick in that the kicking knee is usually brought upward first to point at the target before the rest of the leg is extended toward the target. The striking surface can be either the ball of the foot, the entire bottom of the foot, or the heel of the foot, depending on the height of the target

DID YOU KNOW

The World Taekwondo Federation (WTF) changed its name to World Taekwondo (WT) in June 2017.



ASHFAM

A Safe Haven For Adolescent Mothers

A while ago we came in contact with this amazing group here in Fort McMurray who are helping young mothers so much. We are sure some people have probably not heard about them so we decided to get the word out through DID YOU KNOW here in our magazine.

“ ASHFAM

A Safe Haven For Adolescent Mothers (ASHFAM) is founded on Christian Values and Principles for “The Love of Lexis” We are committed to empowering young mothers by providing them with the tools, resources, and support needed to help relieve poverty, reduce homelessness, establish self sufficiency, and provide opportunity in unplanned/crisis pregnancy situations to adolescent mothers under the age of 25 yrs.” -excerpt from Website

It is founded and run by Shelly Tourangeau and her fundraising director Sierra Parsons.

If you know somebody who could use their services or you would like to donate to this organization, more info can be found on their website www.ashfam.org or you can email them at founder@ashfam.org



ASHFAM

A Safe Haven For Adolescent Mothers

www.ashfam.org

UPCOMING EVENTS

FALL BLACKBELT TEST

Fall Black Belt exam will be on
Saturday October 20, 2018.

InHouse Tournament

#2 in our InHouse Tournament Series. (Total Taekwondo
Championship)

This tournament will be September 29th. It is a fun and
challenging day for all. Don't forget your points in the
events tabulate to become the Grand Champion at the end
of the 4 tournaments.

TIGER TAEKWONDO CHALLENGE

Each November, we attend the Tiger Taekwondo Challenge
in Edmonton. This is a great opportunity for you to
compete against other students outside of your school.
There are events in sparring and poomsae.
Information will be posted as it becomes available!

TRAIN HARD
AND GO BEYOND YOUR LIMITS

www.totaltaekwondo.net