

Total Taekwondo

A Monthly Magazine for Taekwondo Athletes

IN THE RING

ON THE DEFENSE

TIPS & TECHNIQUES

**BREAKING
NEWS**

**MONTHLY
SCHEDULE**

**DID YOU
KNOW**

UPCOMING EVENTS

*A Black Belt is not something you wear, it's
something you become!*

GREETINGS

Welcome back for another exciting month of Taekwondo Training.

HAPPY HALLOWEEN
FROM TOTAL TAEKWONDO



October month is always a fun month as students both young and old have settled into routine and training has stepped up. This month is especially important as our fall Black Belt Test will be on October 20th. As you can see by the cover photo, the Black Belt is more than techniques and proving what you can do. A Black Belt should be something you become utilizing all the tenets of Taekwondo.

By the time of publication, we will have had our 2nd InHouse Tournament of the Total Taekwondo Challenge. Updated standings in this issue.
Great Job Everybody!

In this issue, you will find a number of articles to read.

ON THE DEFENSE column returns with another great article on Halloween Safety Tips.

IN THE RING, a new column each month, will be used to help with your sparring.

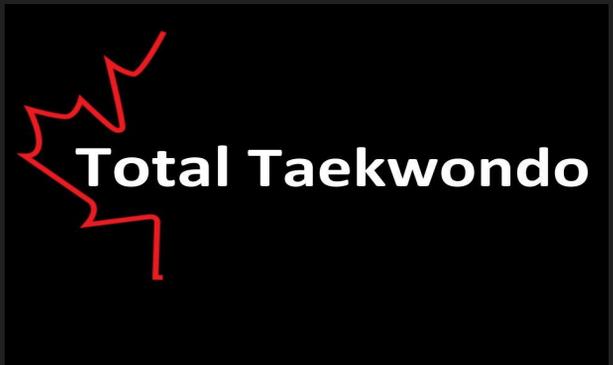
Make sure to check out the coming events to be aware of all that is happening in the next couple of months!

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 Taekwondo Fundamentals	2 Bodypad & Shield Drills. Bring all gear!	3 Taekwondo Fundamentals	4 Sparring! Bring all gear!	5	6
7	8 Thanksgiving Monday No Classes!	9 Poomsae	10 Taekwondo Fundamentals	11 Bodypad & Shield Drills. Bring all gear!	12	13 Black Belt Candidate Training 930-1130AM
14	15 Taekwondo Fundamentals	16 Sparring! Bring all gear!	17 Taekwondo Fundamentals	18 Poomsae	19 Black Belt Candidate Training 700-900PM	20 2018 Fall Black Belt Testing 200PM-500PM
21	22 Bodypad & Shield Drills. Bring all gear!	23 Tip Testing during regular class times!	24 Taekwondo Fundamentals	25 Belt Testing! No Regular Classes! See schedule below!	26	27
28	29 Taekwondo Fundamentals	30 Halloween Parties during regular class times!	31 Halloween! No Classes! Enjoy with your family!			
<i>Class Description</i>	Taekwondo Fundamentals: Footwork, Kicking, Blocking, Striking, Stances, Strength & Conditioning, Self Defense	Sparring: Students with Full Gear will be able to spar others, applying what they have learnt in contact sparring. Those without gear will apply the same method on our standing bags.	Bodypad & Shield Drills: This class capitalizes on a lot of the fundamentals you learn and applies them to sparring in a combination of drills, action/reaction, fitness, and cardio	Poomsae: Poomsae/Sport Poomsae classes are designed to review what is required for each tip testing, things to work on at home, and to put a lot of the taekwondo fundamentals together		

Reminder that on tip testing, all students will demonstrate their poomsae for their next tip during regular class times.

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 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



During classes on October 30th, we will be having games and fun for each class. Come dressed in your favourite halloween costume. Last year was so much fun and the costumes were so cool. If you dont dress up that is OK too. Wear your uniform.

Full Gear Requirements

- *after your 2nd belt in our programs
- Super Kids- White w/ Green Stripe
- Kids Taekwondo- Yellow Belt
- Family Taekwondo- Yellow Belt
- Teen/Adult Taekwondo- Yellow Belt



TAEKWONDO FUNDAMENTALS

THIS NEW TITLE IN OUR SCHEDULE WILL ALLOW US TO BE MORE FLEXIBLE WHEN IT COMES TO WHAT IS REQUIRED FOR THE MONTH.

*See description in the calendar

LOCAL TAEKWONDO CHAMPIONSHIP

TOURNAMENT #2

IN HOUSE TOURNAMENT

SuperKids

<i>Name</i>	<i>2nd Tournament Points</i>	<i>Total Overall Standings</i>
Liam Slade	17	17
James Lily	12	12
Lily Rex	11	11
Jackson Scheers	10	10
Kaden Scheers	10	10

TOTAL TAEKWONDO CHAMPIONSHIP

TOURNAMENT #2

IN HOUSE TOURNAMENT

White-Green Stripe

<i>Name</i>	<i>2nd Tournament Points</i>	<i>Total Overall Standings</i>
Isabelle Hiscock	15	32
Regan Mercer	17	31
Declan Slugloski	16	30
John Hiscock	15	30
Payton Slugoski	15	30
Nathan Cairney	13	29
Cameron Baumgartner	16	29
Evan Herriot	12	28
Byron Carter	16	27
Blake Coles	16	25
Michael Wheeler	13	23
Lucas Coutu	13	21
Dylan Gosse	12	20
Issabelle Gosse	10	19
Gage Harper	18	18
Jackson Walsh	0	17
Jesse Maeko	0	17
Andrew Henderson	16	16
Evan Henderson	16	16
Joram Maeko	0	15
Jack Long	14	14
Owen Earle	14	14
Tyler Earle	14	14
Adara Ducey-Lundrigan	13	13
Kalob Cross	12	12
Liam Moore	11	11
Garrett Demsey	9	9
Grayson Dempsey	9	9
Gage Pittman	0	9

TOTAL TAEKWONDO CHAMPIONSHIP

TOURNAMENT #2

IN HOUSE TOURNAMENT

Green-Black

<i>Name</i>	<i>2nd Tournament Points</i>	<i>Total Overall Standings</i>
Koen Burkard	18	36
Ansh Ramani	18	34
Naomi Burkard	17	34
Madalynn Morgan	16	32
Rean Burkard	17	32
Rhei Miel ILarde	17	32
Freya Zelmer	16	30
Anay Kansara	13	29
Joshua Schneider	15	29
Lucas Ivany	14	28
Matthew White	17	28
Daniel Cairney	12	27
Eric Herriot	14	23
Ethan Herriot	13	22
Ethan Playford	6	20
Devin Hiscock	10	19
Reid Martin	9	19
Joshua Hiscock	9	18
Landon Bourdin	11	17
Gracie Ivany	14	17
Blake Gaudet	15	15
Vaughn Pyne	0	14
Tyler Ponak	12	12
Carson Dobie	2	11
Mason Gervais	0	11
Kaitlynn McPherson	0	10
Addyson Gervais	0	9
Colby Primmer	8	8
Jessica Tobin	6	6
Hudson Colbourne	0	6
Ethan Hodder	5	5
Jayden Sutton	0	5
McCrae Dobbin	0	5

TOTAL TAEKWONDO CHAMPIONSHIP

TOURNAMENT #2

IN HOUSE TOURNAMENT

Teen-Adult

Name	2nd Tournament Points	Total Overall Standings
Lazslo Schneider	17	33
Dan Lovbakke	16	25
Marie Durieu	16	16
Sophia De Guzman	0	16
Gordon Ponak	14	14
David White	0	14
Daniel Shannon	12	12
Yuni Yang	12	12
Katie Lovbakke	0	12
Francois Marais	0	11
Rovic Valle	10	10

IN THE RING

NEW COLUMN

Each month, this column will discuss ways to make you better in your sparring.

Sparring against another opponent trying to outscore them can be one of the most exhilarating things to do in Taekwondo. Sparring pushes you to match or better your opponent. In addition to sparring in a competition, sparring is one of the best ways to work out. The constant moving, kicking and punching, attacking and defending increases the heart rate, and pushes your mental and physical capability.

Preventing an opponent from executing their game plan (i.e. doing what they want to do) is key to improving your chances of success in sparring. Counter attacking relies on catching your opponent off guard and out of their defensive position as they attempt to strike you. The three fundamental principles of effectively setting up and delivering counters are 1) Pressure! Keep your opponent off-guard by constantly posing a threat to them (especially by faking). This may cause them to attack before they are ready or to



‘telegraph’ their intentions; 2) Never let your guard down. Always have 1 or 2 (max) moves in mind in case your opponent attacks; 3) REACT to all of your opponent’s actions.

As your opponent’s level of technical prowess increases, it may become necessary to utilise more sophisticated counterattacks to break down or get through their defences. Advanced body attacks must only be used sparingly, and typically must be set up by the effective use of basic movements and attacks to gauge your opponent’s reaction. That is, you must condition your opponent to respond in a certain fashion so that they will be off-guard when you utilize an advanced technique. Drawing out your opponent and baiting/trapping them are key strategies that require practise and unwavering discipline to commit to and deliver your technique.

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 offer a few little tips on safety for Halloween. Always nice to be reminded even if we have seen them before.

Coming up with a creative disguise doesn't mean that safety needs to be forgotten, so here are some safety tips to keep in mind.

- October 31 can be a chilly night so make sure that costumes are loose enough to be worn over warm clothing but not so baggy or long that trick or treaters can trip over their costumes.
- Trick-or-treaters should wear sturdy walking shoes.
- Choose brightly colored costumes that will be clearly visible to motorists. For greater visibility, add or incorporate reflective tape into the costume.
- Make-up and face paint are better than wearing masks which can restrict breathing and/or vision. If you choose to use a mask make sure it is one that allows the child to see and breathe easily.
- Swords, knives and similar accessories should be made of soft, flexible material.
- Look for costumes, beards and wigs labeled "Flame-Resistant" — nylon or heavyweight polyester costumes are best. Flame Resistant does not mean "fire proof". Avoid costumes with baggy sleeves or flowing skirts to minimize the risk of contact with candles and other fire sources. Costumes made of flimsy materials have been found to burn more quickly when exposed to fire sources.

Think twice before changing the color of your eyes with cosmetic contact lenses. These cosmetic lenses should be used only under the supervision of an eye-care professional. In addition, wear time should be limited to the shortest duration possible. The lenses must never be worn while asleep, and cosmetic contact lenses should not be shared with others. If you should choose to wear these lenses, be certain that they are cleaned properly.

Trick-or-Treat!

On Halloween, most trick and treaters set out around dusk but the youngest wave of ghosts, witches and rock stars might begin ringing your bell in the late afternoon.

Parents should accompany their children each year until the children are old enough to go by themselves. Still, safety-minded parents can follow along at a distance to keep an eye on the children.

Other Tips:

- **Tell your children not to eat any goodies until you see them. Make sure that your child eats dinner before they set out, so they'll be less tempted to eat their goodies along the way.**
- **It might be a good idea for parents or children to take along a backpack to empty the goodies into if the trick-or-treat bags become too heavy.**
- **Children should stay in well-lit areas and should only visit homes that have their outside lights turned on. Children should never go inside homes or cars.**
- **Children should walk, not run, from house to house and stay on the sidewalk or at the side of the road facing traffic, cross the road at the corner and look both ways before crossing the road.**

The best part about Halloween-THE GOODIES! But before your children begin to eat their loot, make sure you examine it first. Throw out any treats that are not wrapped, those in torn or loose packages, or any that have small holes in the wrappers. Check toys or novelty items for small parts and do not allow children under three years to play with them.

Then sit back and enjoy. Happy Halloween!

TIPS & TECHNIQUES

Taekwondo is a sport, in which you must use fast, powerful strikes (kicks and punches) to outscore your opponent. Scoring a point requires you *COMMIT* to delivering your technique, even (especially) if you are getting hit at the same time. Matches are won by 1) outscoring an opponent by the time the clock runs out; 2) scoring the first point in sudden death over-time; or 3) knock out. Points are deducted for penalties such as punching to the face, running out of the ring, not initiating exchanges, kicking low, or foul language or gestures. Too many warnings results in an automatic loss. Competitors must listen to their *COACH* above all else.



Tripping-up Technique or Sweeping Technique

A technique by tripping up or sweeping the opponent's leg

This is a tripping-up skill to pull the opponent by the arm or the collar, or to push the opponent's chest or shoulder with a hand and, at the same time, trip up or sweep the opponent's ankle or the crook of the knee with the performer's foot or leg

DID YOU KNOW

- Taekwondo is South Korea's national sport
- The literal translation of taekwondo is 'way of the hand and foot'
- South Korea uses taekwondo as part of their military training program
- Taekwondo is a martial art made up of kicks, punches, blocks and open-handed strikes. The techniques also include joint locks, throws, sweeps or a variety of takedowns.
- **World Taekwondo** administers the Olympic competition for taekwondo. It is their rules that are used for competition.
- The Korean term for training hall is 'do-jang'



All certified Black Belts in World Taekwondo receive their official certificate from the Kukkiwon. This certificate is recognized worldwide.



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 from 2:00-5:00PM.
Please come out and support the Black Belt Candidates

Halloween Party

On October 30th during Regular classes, students can come dressed up in a Halloween costume. There will be games, treats and lots of fun. This includes Adult students as well!

Last year was so much fun!

Please Note: There will be no classes on October 31st, enjoy the night off with your family and friends and have a safe and fun Halloween!

Christmas Party

December 15th 3:00-5:00PM at the Syncrude Sport and Wellness Centre. Once again this year, we will be hosting our Total Taekwondo Family Christmas Party and Potluck. We look forward to spending a great time with all the students and families and tasting all the great food. Signups will become available as we get closer to the date!

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