

Total Taekwondo

A Monthly Magazine for Taekwondo Athletes

Tenets of Taekwondo

***How to score points
in Taekwondo***

***What It Means To
Become a BlackBelt***

AND SO MUCH MORE...

☆ MONTHLY SCHEDULE ☆ UPCOMING EVENTS

☆ DID YOU KNOW

GREETINGS

Welcome back for another exciting month of Taekwondo Training.

By the time November issue is published, we will have completed our 2018 Fall Black Belt Test. Congrats to all Candidates, we are so proud of you!

November's issue is jammed back with a bunch of info for you to enjoy. We have a great article on the 5 Tenets of Taekwondo. How to score points in Taekwondo Olympic Sparring will help you to make better decisions on what kicks to use when sparring.

A couple of months ago, we asked our Red to Black Belts to write essays on different topics such as What does it mean to become a Blackbelt, What does it mean to be a Blackbelt, and What does it mean to be an Instructor. Each month we will post one of the essays to read.

And of course, our ever popular returning columns each month-Monthly Schedule, Did You Know?, Upcoming Events We hope you enjoy all the articles.

All past issues of TOTAL TAEKWONDO magazine can be found on our website @ www.tottaekwondo.net

ON THE COVER:

Taekwondo competition at the Youth Olympic Games in Buenos Aires in October





Total Taekwondo

MONTHLY SCHEDULE

SUN	MON	TUES	WED	THUR	FRI	SAT
				1 Bodypad & Shield Drills. Bring all gear!	2	3
4	5 Taekwondo Fundamentals	6 Sparring. Bring all gear!	7 Taekwondo Fundamentals	8 Poomsae	9	10
11	12 Taekwondo Fundamentals	13 Bodypad & Shield Drills. Bring all Gear	14 Taekwondo Fundamentals	15 Sparring. Bring all gear!	16	17
18	19 Poomsae	20 Taekwondo Fundamentals	21 Bodypad & Shield Drills. Bring all gear!	22 Taekwondo Fundamentals	23	24 Tiger Challenge Edmonton
25	26 Sparring. Bring all gear!	27 Taekwondo Fundamentals	28 Bodypad & Shield Drills. Bring all gear!	29 Taekwondo Fundamentals	30	
<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



On BodyPad Drills and Sparring Nights, please have all equipment on prior to class starting or wait until after warmup. Please do not miss warmup to put equipment on. We will give you time.

Tip & Belt Testing for November will be done in early December and December's Tip & Belt Testing will be done in early January



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*

BREAKING NEWS



*Congrats to our newest blackbelts who tested on October 20,2018.
Left to right: Grace Stang-1st, Rachel Stang-1st, Alvin Dobbin-1st, Jackie O'Brien-Dobbin-1st, McCrae Dobbin-2nd, Landon Bourdin-1st, Gracie Ivany-2nd, Ethan Playford-2nd*

This year during November, we will be collecting again for ASHFAM(A Safe Haven for Adolescent Mothers). They are always looking for baby and mother care items. These items can be placed in the donation box located in the parent waiting area starting November 5th.

More info about this organization can be found on their website
www.ashfam.org



IN THE RING

Scoring in Taekwondo can be very daunting to understand so it will be broken down into a 2 part series over the next couple of months.

In part 1, we will discuss the valid scoring points from the actual techniques used. Part 2 will be next issue when we discuss how points can be awarded for infractions during a match.

Punch – 1 point

In previous years, a punch to the body didn't score a lot of points, it was primarily used to set up a kick or as a defensive measure. In more recent years, it is starting to score more and be utilized more.



Kicks to the body – 2 points

Any kick that does not have a spin to it as Roundhouse, Fast Kick, Push, etc scores two points to the body. These are most used kicks in Taekwondo sparring.



Spinning kicks to the body – 4 points

These kicks while more advanced such as 360 Roundhouse, Back Kick, and Spin Hook can reap huge rewards in the ring. Not as risky as spinning kicks to the head, these kicks can be utilized by lower belts that are not permitted to strike to the head or higher belts that do not have the natural flexibility to be comfortable with head shots.



IN THE RING

Kicks to the head – 3 points

Kicking to the head adds a new demension to your sparring arsenal(Roundhouse, ax,crescent,front, push,etc). While both exciting and exhilarating for the competitor,care must be taken, remember a spin back kick to the body will score more points than a roundhouse to the head. Anda good counter kick, will definetly try to score a back kick while you throw a roudhouse towards their head.

Spinning kicks to the head – 5 points

5 whopping points is hard to not be tempted to work on. 360 roundhouse, back kick, spin hook, etc to the head are definetly exciting to watch. Care must also be taken when throwing these techniques as they are huge rewards with great risks.

Remember to train in all techniques but to use what you are most comfortable with in competition. Being relaxed and focused are two of the most important factors in sparring.



Melanie Higdon
PHOTOGRAPHY

**Every family
has its own
story.**

facebook.com/
melaniehigdon
photography

TIPS & TECHNIQUES



Closed Stance

As seen in the photo when Ella and Carson's body pads are facing in opposite direction. This means the front of one opponent's body will be facing toward the left while the other opponent's body will be facing right. The closed position is common when both opponents are right-handed, or when both are left-handed.

Leading leg is pretty much limited to kicks to the front or side of the opponent, but is quick and very versatile.

Trailing leg has a long distance to move so it is should only be used in combinations not as an initial attack.

Trailing leg round kick must be to the head, since the back of the opponent is not a valid target area.

Leading hand is quick, very versatile, and sets up trailing hand and leg power attacks.



Open Stance

As seen in the photo, both Carson's and Ella's body pads are facing in the same direction. In a open position, each opponent has the opposite foot forward. The open position is common when one opponent is right-handed and the other is left-handed.

Leading leg is somewhat limited in its attack options.

Trailing leg still has a lot of distance to cover but it has more targets.

Leading hand is still versatile but has limited attacks available.

Trailing hand has more targets available.

5 TENETS OF TAEKWONDO

To best understand the 5 tenets of Taekwondo, we need to understand what tenet means. Tenet as described in the dictionary means a principle or belief. So basically, we could actually say the 5 principles of a Taekwondo.

Courtesy

Courtesy refers to being nice and respectful to all others in the dojang as well as people you meet outside of Taekwondo. Included in this tenet is observing correct etiquette and manners at all times. Manners such as please and thank you are signs of Courtesy towards others. Martial Artists should always look to help where they can.

Integrity

Integrity includes not only the general definition of integrity where one is not only able to determine the difference between right and wrong but also being able to stand up for what is ethically correct. Being honest and having strong moral principles is paramount in becoming a true Martial Artist.

Perseverance

Perseverance refers to the willingness of the Taekwondo student to continue to struggle against all odds to reach their goal. This applies to their Taekwondo training as well as other aspects of their lives.

Self Control

Self control means to have control over your thoughts as well as your actions. Maintaining a pure mind as well as a pure body by keeping your emotions in check, particularly in difficult or trying circumstances.

Indomitable Spirit

Indomitable spirit is difficult to define but generally refers to having the courage to stand up for your beliefs and to stay strong in those beliefs and convictions no matter what the odds against you may be. It also refers to consistently exhibiting a full 100% effort in all that you do inside the dojang (training area) and in life.

WHAT DOES IT MEAN TO BECOME A BLACKBELT?

BY DAVID WHITE

Earning my Black Belt

I sit here today as a Black Stripe on the Injured Reserved list, I often think how long will this last, when can I get back on the mats, when can I start back on my road towards Black. Often many athletes work towards Gold, but in the case of many in the world of Taekwondo we work towards Black, Black Belt that is.

I started this journey many years ago, when I enrolled my then 4 year old son into Taekwondo, not as an athlete, but instead as a parent. In those early days, I would often ask, “Is he doing things right?” or “What can we do to help?”. Years went by, we changed clubs, and I was asked many times by Master Higdon “Why don't you join”? I often joked with Matt during his early days and said when you get your black belt, I will join. I was reminded often in those younger years of training, “Dad I'm one belt closer”. Then, the day came when my no longer 4 year old was now almost 10 and he was testing for his Black Belt. It was a proud day for Mom, Dad, our Son and his Master(s). The test was over, he passed, and it was time for some fun that evening with GrandMaster Lee. It was that evening when the crowd had thinned out that I sat down with GrandMaster Lee and asked him was I too old, how do I get over the fear and nerves, what is the first step? His response was, your never too old, and you will always be nervous, the first step is stepping on the mats, after that, take baby steps, no matter how old you are, you are always learning. The next week, I went to the club for adult class, I sat and I watched. That class went by, and I was still sitting. Another night went by, and I was still sitting. Then finally, Master Higdon and Miss Glenda asked if I would like to try, I said “yes”, they said join in at the end of the line. It was like a huge burden had been lifted off my shoulders. I did it, I stepped on the mats as an “Athlete”, not as a parent at the end of the class, or during a party, or a tournament. That was step 1.

I learned very quickly, that as an observer on the sidelines, we can be the best there is when it comes to everything that our kids are doing wrong. We can talk to them about their movements, their kicks, foot work, stances, etc and all the things we see them doing wrong. As an Athlete, it is not so early to be perfect at those movements, kicks, foot work and stances, and often we are just “Bigger” kids. I have been training for almost 4 years now,

WHAT DOES IT MEAN TO BECOME A BLACKBELT?

BY DAVID WHITE

and I am still being reminded weekly about “Turn over those hips” and at first I would think in my mind “At my age, the only turning over these hips are going to do is when I roll over in the bed”, but the longer I train, the more I try to improve and make mental notes of the things I am still doing wrong. Each class brings something new, whether it is a new athlete, or a new move, rule, or just a new method to make an old move better, it is a baby step and we are learning. After 4 years, you can ask Master Higdon or Miss Glenda, who is the most nervous adult in the club, and it is a pretty good chance the answer will be “David”. I can speak comfortably with the families in the club, but let me get up on the mats and perform in front of them, I get sick just thinking about it.

I am 1 belt test away from being a “Black Belt”. Does that make me any better than the newest member of Total Taekwondo? No it doesn't. It just means that I have reached the top of the first mountain as GrandMaster Lee would say, now there are other mountains beyond this first one. What earning my Black Belt means to me is that there are hundreds of kids and parents that are associated with Total Taekwondo, and if I can help one of those parents overcome the fear of getting on the mats, or if I can describe to one frustrated parent that their child will be fine, or if I can convince one young child that nobody in this life is perfect and it is OK to make a mistake, as long as we learn from our mistakes, my leaders have taught me right. My nervousness and lack of physical ability may limit where and what I do as a Black Belt Athlete, but if I can learn from my weaknesses, and improve on them by helping those around me, I think that will help me grow as a Black Belt. Being supported week in and week out by our Master(s) and Instructor(s) plays a very important role in who we become. After Matt received his 3rd Dan, I looked at Master Higdon and Miss Glenda and said this is no longer about Matthew, it has become a part of my life. I only hope that one day, I can be called up and presented with my Black Belt, and that I can be only partially as good as all those other Black Belts that I know either at Total Taekwondo or other parts of Alberta that I have been introduced to over the years of being associated as a parent or athlete. Total Taekwondo is my family, and it is lead by some Phenomenal Black Belts. Taekwondo life don't stop for this guy after I get my Black Belt, it only starts. I hope that one day I will get to write about the other categories that come after “Earning my Black Belt”.

By David White

DID YOU KNOW

A hogu is the armor worn by practitioners of Taekwondo during sparring. Translated into English, hogu means chest or chest protector. The hogu has been used in World Taekwondo sparring since the 1950s and is considered the most important piece of sparring equipment in the Taekwondo practitioner's arsenal. The hogu is the most common scoring area in Taekwondo sparring. The hogu is hit by the heel, the sole and the top of the foot by many kicking techniques like the roundhouse kick or the back kick, and can also be hit with the fist. Hogus are made by various companies such as Adidas and Dae Do; only certain brands of chest protector are approved by World Taekwondo. The chest protector is mandatory in World Taekwondo- or Olympic-style competition.



UPCOMING EVENTS

TIGER TAEKWONDO CHALLENGE

Christmas Party

TIGER
TAEKWONDO

2018 TIGER CHALLENGE TOURNAMENT

November 24th, 2018

Garrison Military
Fitness Centre
Edmonton, Alberta

Come Join In The Fun

TOTAL TAEKWONDO

**CHRISTMAS
PARTY
& POT LUCK**



Bouncy Castles, Games, Sports, Food, Fun

Syncrude Sport and Wellness Centre
9908 Penhoorwood Street
Saturday December 15th, 3:00-5:00PM

Sign up sheet in the office
Please designate how many coming and check off
what you are bringing
(Pop, Water, Appetizer/Main, Sweet)



TRAIN HARD
AND GO BEYOND YOUR LIMITS

www.totaltaekwondo.net