



**North County Martial Arts**  
**7750 El Camino Real "R"**  
**La Costa, CA 92009**

## October 2009 Newsletter

“After all is said and done, what will you be remembered for?”

### Important Dates in October 2009:

October 3rd: Gup Testing 8 & 10am

October 12<sup>th</sup>: Gup Promotion 6:30

October 17<sup>th</sup>: Ninja Nite!! 6:00pm-10pm.

October 24<sup>th</sup>: Black Belt Test (no classes)

November 14<sup>th</sup>: Sparring / Board Breaking Tournament

### Referral Winners

Congratulations and enjoy the kicking bag!!

#### August

The Allen Family



Now, go  
Practice  
Your  
Side kick

#### September

The Kann Family



## From the desk of Master Jones



Why Tang Soo Do?

I am asked this question all the time.

We live in an incredible part of the world. We for the most part enjoy variety and options when it comes to activities and events. We have summer year round and can try many new things.

With all these choices, we allow our children to try many different sports, music and activities, often at the same time. We do this so they can experience life but also in hopes of them finding something they are passionate about.

If you had to choose just one activity (and in today's economy who knows) how would you evaluate the benefits of each? Do you list the pros and cons? Do you get input from your child? I am often asked these questions.

Obviously, I could be guilty of a slanted opinion but here is why I believe the martial arts should be the ultimate choice. **Let's take a look at sports, dance and music compared to Tang Soo Do.**

Sports develop teamwork and success. **Unfortunately, that success is measured by how many other people or teams you defeat.** Don't get me wrong, I love sports. I will still get on the basketball court with guys 20 and even 30 years younger than me but there's a reason you don't see 54-year old men in the NBA. **The point is, the bottom line for sports is a constant need to defeat someone else in order to, for that brief moment, be champion.** But what happens next? Who were the Pop Warner football champions of 2003? Yeah, I don't remember either.

I absolutely love music. I'm a pretty good bass player. I'm ok with a guitar and I am excellent at playing the radio. I think everyone should be exposed to some type of music and/or instrument. It develops the part of the brain that offers rhythm and balance. **Tang Soo Do also, happens to develop that same side of the brain.**

To watch a gifted dancer is amazing. I tried some private lessons with my wife. I am so glad they were private. After working with me, I'm sure our teacher is now sneaking off sipping from a flask like the old lady in "Shall we dance" with Richard Gere. But to see someone perform at a level of mastery is truly a delight.

So, the question again, "Why Tang Soo Do?"

From a physical standpoint, the martial arts offers everything sports and dancing offers, but much more.

- 1) Cardio
- 2) Exercise
- 3) Strength & Core Building
- 4) Speed & Agility

- 5) Reflexes
- 6) Flexibility & Grace
- 7) Balance & Foot work
- 8) Teamwork

The physical advantages of the martial arts are:

- 1) **Self-defense**
- 2) **Physical confidence**
- 3) **Blocking, Punching & Kicking**

Music evokes such a variety of emotions and feelings from the listener but for the artist it can bring clarity, calmness, peace and a sense of completeness.

**A traditional martial artist also feels this as well as:**

- 1) **Mental Strength**
- 2) **Awareness**
- 3) **Ability to speak out**
- 4) **Leadership**
- 5) **Sound Moral Character Traits**
- 6) **Learns to follow through and complete tasks**
- 7) **Focus & Concentration**
- 8) **Self-discipline**
- 9) **Respect**
- 10) **Roll-modeling**

Finally, Tang Soo Do is a way of life. **I can identify a martial artist in the way they stand, talk and look me in the eye.** These traits alone keep martial artists out of harms way but if on the rare occasion they do not, our weapons are always with us. Unless you're carrying a hockey stick or tuba, other activities cannot say this.

**We also know that the traditional martial arts is very highly regarded by colleges.** They now understand and value the commitment it takes to get to 2<sup>nd</sup> or 3<sup>rd</sup> degree black belt. Did you know it takes more years to get a master's degree in the Tang Soo Do than any other field or industry?

Tang Soo Do does for students something that no other activity offers. **In the process of building their self-esteem, belts and rank advancement is proof of their success.** This is not the case in sports. You're on the bench, 2<sup>nd</sup> string or 1<sup>st</sup> string but the uniforms are the same. There's no distinction of individual achievement. I don't know for sure but I'm pretty sure your tutu doesn't change color based on your skill level in dance.

Ms. J (my daughter) is a national weapons champion and Master Jones is a two time national forms champion. I have been a national and international forms and sparring champion. If this were a sport, our value could and would be rated on these brief moments in history and remembered by a piece of plastic sitting on the shelf. Like a sport, Tang Soo Do offers competition and if that's what you like, there are plenty of tournaments to go to. Come and see me and we'll talk more about that. But, to grow from the inside out, to develop as a human being, to be able to defend yourself and those

around you, and be able to do all of this for the rest of your life is a gift only the martial arts can offer.

## **Board Breaking & Sparring Tournament!**



**4' Trophy for the  
Champion of  
Sparring and  
Board Breaking**

When: [November 14<sup>th</sup> 9:00am](#)

Where: [At our Do Jang](#)

Cost: [\\$40 for 1 event / \\$60 for both](#)     [4' Trophy to the Champion](#)

Sparring gear is required and available at the school.

All **ages and ranks** are encouraged to attend the board breaking event. We will begin teaching board breaking techniques in class.

Send an E-mail if you want to participate. The sooner we know you want to attend, the sooner we can start your preparation.

# BLACK BELT TESTING!

On October 24<sup>th</sup>, our black belt candidates will be stepping up to the plate to demonstrate years of commitment and training. This is the hardest challenge most of them have faced in their lives. It all happens at our school and everyone is welcome to come and be a part of it. All red belts should be there to see what lies ahead and black belts need to be there in support of their juniors.

