

Academy News

The official newsletter of Sun Yi's Academy—Minnesota

September 2014

Training Secrets of Tae Kwon Do—Sr. Master Gibson

An old proverb says that heaven cannot make a diligent worker poor. However, in TKD diligence or intensive training alone does not produce quality techniques. In addition, instruction from a unqualified instructor may make things worse because unscientific movements reduces power and takes a tremendous amount of time to correct. On the other hand, under the proper guidance of a competent instructor, a student who trains earnestly with dedication will learn the true techniques of TKD in a shorter amount of time with less effort! In order to be that student, keep in mind the following secrets: 1. Study the theory of power thoroughly; 2. Clearly understand the purpose of each movement; 3. Bring the movement of

eyes, hands, feet, and breath into a single coordinated action; 4. Choose the appropriate attacking tool for each vital spot; 5. Be familiar with the correct angle and distance for attack and defense; 6. Keep arms and legs bent slightly during motion; 7. All movements begin with a backward motion. Once movement begins it should not be stopped, and should accelerate until it reaches the target; 8. Create an energy wave during movement by utilizing the core movement and knee spring properly; 9. Exhale briefly at the moment of each blow unless it is a connecting motion; 10. Understand the laws of physics to gain true efficiency of technique. Good instructors talk this talk and walk this walk.

Student/Instructor Relationship—Sr. Master G.

In today's society, much is lost when it comes to obedience, honor, respect, and loyalty. Not in traditional TKD.

In Korea today there is a deep sense of respect for teachers. An old Korean proverb once told to me, "father and mother are the parents who raise me, while a teacher who is the parent who educates me." In this traditional sense, a student is expected to pay as much respect to his to their teacher as they would their parents. In Korea, the personal bounds of loyalty and respect toward the teacher and parents formed a national and family structure.

For instructors, it is a great responsibility to teach another's child to become a person of good character, according to the wishes of the parent. So, in the eyes of the student their instructor will occupy an equal position of their own parents. There must

be a certain amount of love and understanding in all the above relationships, but there must be a degree of objectivity. In the parent/child relationship, it is emotional with much objectivity lost.

In TKD the responsibility of teaching the art lies with the instructors, whose eventual mission is to teach students to be physically, mentally strong, while contributing to a more peaceful world. A dedicated and sincere instructor is an absolute necessity for any Do-Jang. The Do-Jang cannot grow without equally dedicated students. Both instructor and student owe a debt of responsibility to each other that is worth more than money can buy. The following points should be observed by instructor and student alike. INSTRUCTORS: Never tire of teaching. A good instructor can teach anytime, anywhere, and always be ready for

Tenets of TKD

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit



Upcoming Events

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|--------|---------------------------------------|
| Sep 20 | Promotional Testing (Duluth) |
| Oct 4 | National Instructors Seminar (Topeka) |
| Oct 18 | Promotional Testing (Forest Lake) |
| Nov 15 | Promotional Testing (Duluth) |
| Dec 13 | Promotional Testing (Topeka) |
| Dec 20 | Promotional Testing (Forest Lake) |

SUN YI'S ACADEMY Minnesota Schools

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Instructor/Student Relationship (cont.)

for questions; An instructor should be eager of their students to surpass them-it is the ultimate compliment for an instructor; The development of students should take precedence over commercialism. Once an instructor becomes concerned with materialism, they will lose the respect of their students; instructors should teach scientifically and theoretically to save time and energy of technique; It is the instructors responsibility to develop the student inside and outside the Do-Jang; If an instructor is not able to answer a students question, they should admit they do not know it and find the answer as soon as possible; Always be honest with students and never break trust. STUDENTS: never

tire of learning. A good student can learn anywhere, anytime-the true secret to knowledge; Always set a good example for other students. It is only natural to copy senior students; Always be loyal and never criticize the instructor, or the teaching methods; If an instructor teaches a technique, practice it and attempt to utilize it; A student's conduct outside the Do-Jang reflects on the art and instructor; A student must always be eager to learn and ask questions; The above points are those I obtain from my teaching by Grandmaster Yi, and through my own experiences with my students, as I pursue life-long learning in TKD.

First Degree-Expert or Novice?-Sr. Master Gibson

You heard me say that the 1st Degree is a white belt all over again in the Black belt ranks. One of the greatest misconceptions within the martial arts is the notion that all Black belts are experts. Too often novice Black belt holders advertise themselves as experts, and may even convince themselves that too. The 1st Degree has learned enough technique to defend themselves against an opponent. They have enough feathers to leave the nest and fend for themselves. The student has built a foundation. The job of building the house lies ahead. The novice Black belt will now really learn

technique. Years of hard work and study awaits before they can begin to consider themselves an instructor and "expert." The Black belt enters an era of responsibility. They have entered a strong honorable fraternity of Black belt holders, and actions inside and outside the Do-Jang will be carefully scrutinized. Their conduct will reflect on all Black belts and they will constantly strive to set an example for others. Some will advance into the expert stages, if they do not deem themselves as an expert, and yearn to grow mentally and technically.

Sun Yi's Academy Updates

Duluth Promotional Testing: Saturday, September 20. White-Green belts.

National Sun Yi's Instructor Seminar: Saturday, October 4. 3rd Degree & Above expected to participate. This is an awesome opportunity to participate in one the most invigorating, exciting learning experiences of a lifetime, with Sun Yi's instructor's across the nation taught by Grandmaster Yi. If you are unable to attend please contact Mr. G. immediately. Turn in applications to Mr./Mrs. G. by **September 20.**

Topeka Promotional Testing: Satur-

Day, October 4.

Forest Lake Promotional Testing: Saturday, October 18. Start 11:30am.

Black Belts: Rec. Black belt-2 Rec. Black belt. Start 9:30am.

2 Dec. & above follows promotional testing.

Duluth Promotional Testing: Saturday, November 15.

Next Newsletter in November. Articles welcome!!