

# Academy News

The official newsletter of Sun Yi's Academy—Minnesota

June-2016

Summer Issue

## Working through the 1st Annual MN Black Belt Seminar Jr. Grandmaster Gibson

It is on all of us to make the most of our time with Grandmaster and Mrs. Yi. Both have been a father and mother to myself, Mrs. G. and countless other's in in our large black belt family circle-you too! They both continue to us because of the huge responsibility they feel towards us all. Grandmaster Yi began studying Tae Kwon Do, "TKD" in Korea during the post Korean war era, which were turbulent times. The Tenets and purpose of TKD were no different during these more violent times, in that it cultivated and united a stronger society. It also helped to serve justice. For us today, it builds a strong united family, one where respect, courtesy, and people genuinely caring about others' progress in TKD is a priority. There is competition in order to challenge one another to be the best they can be.

Grandmaster Yi has seen the evolution and growth of TKD from two extremely different countries and cultures. In Korea, there were times when justice had to be served, and he had no choice but to call upon his TKD spirit and skills

to do so. Coming to the USA, there was a new culture to adapt to, and a different approach of teaching in order to effectively promote TKD.

Americans seek quick fixes for everything. In a recent conversation with Grandmaster Yi, I was reminded that TKD is not for everyone. TKD is for the committed. Those who seek challenges to better themselves. In fact, if students want to truly attend the seminar, they will find a way no matter the hardship. The way Traditional TKD is taught and learned is by student's attending classes with their instructor. It is not enough to see techniques, we must do and we must apply. Our system is unique and is specialized by Grandmaster Yi over many years. It is not to be video-taped. This can lead to commercialization, and loss of the traditional aspects, which can be understood through participation and with the guidance of a experienced and dedicated instructor. For the seminar; come ready to sweat, give your best effort, ask **questions** and have **fun!**

## June Testing and Seminar: Things you Need to Know Jr. Grandmaster Gibson

I have recently learned that there will be resurfacing of our parking lot. It has started already. I am told that if it is not completed by the time of testing, half of the lot will always be open for parking. However, we have to be mindful of the other businesses, and not park in spaces designated to them. Parking will also be available on the shoulder of the North side of highway 97 in front of the business plaza. In addition, there will be parking available across the highway 97 in the high school parking lot. I apologize for the inconvenience. I have never seen so much road construction going on at once in my life!

TKD students, if you would like to have your name written on your Dobak in Korean, Mrs. Yi is happy to do it. If

you are a beginner who will be testing right away, wait until after you test to ask Mrs. Yi for your name on your Dobak.

After the Black Belt Seminar there will be food. There will be sub sandwiches provided. Please bring a dish to pass and drink.

Finally, we will be presenting a beautiful handmade gift to Grandmaster and Mrs. Yi in appreciation for their supporting TKD in MN for the last 2 decades. It is a plaque (made of Birch), in the shape of MN, with every person who obtained their black belt in MN engraved on the plaque-all 250 students! We are asking black belts to pass a \$2.00 donation on to your instructor.

## Tenets of TKD

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit



## Upcoming Events

June 18 10:00am Forest Lake Testing & Black Belt Seminar  
Seminar follows testing  
Grandmaster Yi

July 16 Duluth Testing  
TKD Testing

Aug 20 Forest Lake Testing

Aug 6 Natl. Headquarters  
TKD Testing

**Warm-up, learn good technique & block!!  
Dr. Kenji Sudoh, 2nd Dan**

**SUN YI'S ACADEMY  
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**Duluth School**

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**North Branch School**

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**White Bear Lake School**

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**Shoreview School**

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Tae Kwon Do incorporates self defense maneuvers that require efficient body mechanics that if done correctly can deliver a lethal blow. Spin heel kick to the temple; jumping front snap kick to the chin; knife hand to the neck; all powerful and awesome moves. Tae Kwon Do means Tae "foot" "strike, Kwon "fist" strike, and Do "the way". *The way of the foot and fist strike.* Just by its very definition, one would expect Tae Kwon Do to have some inherent risks.

When my son and I first joined TKD, injury was the last thing on my mind. I was in awe of the coordination and power of the black belts in class while I was challenged with the basic moves I was trying to learn to defend myself. The only injury I could imagine was pulling my groin from being so inflexible.

The risk of injury became real to me during one of my early color belt testing's. I remember witnessing an adult student down blocking a round kick that resulted in a broken arm. Since then I have seen various injuries from cuts to complete knock-outs.

If you are a Taekwondo athlete, you can expect to be injured 2 times a year, with one potentially requiring a doctors visit. Studies have shown that the TKD student averages 1.6 injuries a year of which 60% of these require medical attention. What is more surprising is that over 80% of injuries occur during training. Since TKD has a strong emphasis on kicking, two thirds of the injuries are from the lower extremity; predominantly the ankle, foot, and knee. A quarter of the injuries are from the upper extremity; mostly of the wrist, hand, and some shoulder. Injuries to the torso, back and head are less common. Note that most of these injuries are from strains or sprains.<sup>1</sup>

Muscle & Tendon Injuries	30%
Joint Sprain	16%
Contusions	14%
Fractures	9%
Dislocations	7%

Competition is different from training in which half of the injuries during competition are from the lower extremity and up to one third of the injuries are of the head and neck. One study even found that the concussion rate during TKD competitions is higher than competitive soccer or football.<sup>2</sup> Protective head gear has not been proven to prevent concussions since it does not adequately reduce the linear and rotational forces that are associated with a blow to the head.<sup>3</sup> It was found that the main mechanism of injury during competition was not a lack of padding but a lack of blocking skills.<sup>2</sup> So keep those hands up!

As Taekwondo continues to grow due to its physical and mental benefits, how can we reduce the risk of injury in an inherently risky activity? First off, remember that most injuries occur during training. Proper warm up before each session can help prevent those strains. Second: One goal of TKD as a martial art is perfecting movements with power. Proper technique is critical. Mixing improper technique with lots of power is a recipe for disaster; plus it looks pretty ugly. Third: Protect yourself while sparring. Getting in that jumping spin combination is fun, but blocking technique is just as important; your head will appreciate it. Plus a tight fist can save a lot of bones in your hand.

<sup>1</sup>Lystad RP, Graham PL, and Poulos RG. Epidemiology of Training Injuries in Armature Taekwondo Athletes: A Retrospective Cohort Study. *Biol Sport.* 2015 Sep; 32(3):213-218.

<sup>2</sup>Pieter W, Fife GP, O'Sullivan DM. Competition Injuries in Taekwondo: A Literature Review and Suggestions for Prevention and Surveillance. *Br. J Sports Med.* 2012 Jun;46(7):485-91

<sup>3</sup>O'Sullivan DM, Fife GP. Impact Attenuation of Protective Boxing and Taekwondo Headgear. *Eur J Sport Sci.* 2016 Mar 21:1-7