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## Midwest Tae Kwon Do Academy News

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### PIL SUNG !!

All Tae Kwon Do practitioners know what Summer means: sweat, sweat, and more sweat! This is the best time of the year to loosen up and get the most from stretching exercises. The intense heat also requires that students monitor their body processes. Due to profuse sweating our bodies can lose a lot of salt. When sweat loses its salty taste immediate attention is required and supplemental salt intake may be in order. Another concern that cannot be emphasized enough are eating habits. Students should avoid eating "heavy" meals an hour and a half or so prior to training. If for some reason food must be ingested at such times then salads, vegetables, and fruit would be more appropriate. Otherwise drink a lot of water!

The following schedule will be effective until the week of September 13, at which time students will be notified of any changes. The changes that are likely to take place will involve the John A. Logan adult education classes that will be held Tuesdays and Thursdays from 7:30 to 8:30 pm. These classes will be held for ten weeks.

Monday: 5:45 - 7:15 pm - all  
Tuesday: 5:30 - 6:30 pm - beginners  
6:30 - 7:30 pm - intermediate & advanced  
Wednesday: 5:30 - 6:30 pm - children 10 and under  
6:30 - 7:30 pm - all  
Thursday: 5:30 - 6:30 pm - beginners  
6:30 - 7:30 pm - adult self-defense  
Friday: 5:45 - 7:15 pm - all

These are actual class times, please arrive at least ten minutes prior to the start of class.

A healthy school is illustrated by the well known pyramid shape of hierarchy. Students should always seek to recruit new members in order to maintain a large white belt group, but also to keep the school strong. Any time that a student brings in a new member that stays for more than a month, an additional 20% discount will be applied to tuition costs of 3 months or more. This offer is not applicable to additional family members since discounts are already available through family plans.

### UPCOMING EVENTS

- August 28, 3 pm: Third 1993 Promotion Test in Marion
- September 6: Royalton School Demonstration
- Next Black belt classes: Aug. 6 & Aug. 20, 6:15 - 7:15 pm

Coming August 19, 20, and 21: The 11<sup>th</sup> World Tae Kwon Do Federation Championships at Madison Square Gardens in New York City. This event has a strong possibility of being televised on ABC. Master Kyu Young Chai will be involved in the activities, maybe we'll see him on TV!

The following are excerpts from TAEKWON-DO (The Korean Art of Self-Defence), Gen. Choi Hong Hi (1972).

### ADVANTAGES OF TAE KWON DO Health

No doubt one of life's most treasured assets is good health. One of the great cardinal sins of mankind is his abuse of this asset. Wealth, power, fame, and the blessings of physical beauty are all relatively unimportant if one does not possess good health. An individual owes it to himself/herself and his/her family to constantly maintain and improve his/her health.

The students will realize how important Taekwon-Do is to human health through the following article by Dr. Robert S. Arner.

### TAE KWON DO AND PHYSICAL FITNESS

The study of Taekwon-Do offers several unique advantages to the physical fitness of the student. The training is usually performed in almost any place without the use of weights or special equipment; it may be practised individually or in groups. Since the body sets its own limits, injuries or strains are rare and the physical condition of the student paces him/her automatically. The entire muscle system of the body from the fingers to the toes is brought into play.

The training does not produce large knotty and bulky muscles, it tends to exchange flabby fat tissue for lean tissue. The thick muscles developed through weight training tend to push the blood vessels apart without adding new ones to fill the gap. Such tissue has a difficulty in receiving oxygen and disposing of waste through the blood stream and thus tires more easily. Taekwon-Do high repetition, low resistance movements develop a longer, leaner more flexible musculature. Such muscles have more of their areas closer to the blood supply routes, thus producing maximum endurance and well being.

The emphasis in twisting the trunk, in executing the kicking movements and in counter-balancing the hand movements builds a firm, well-muscled abdomen. The high leg raise preceding most of the kicks in Taekwon-Do also develops the side of the trunk and inner thigh muscles. The study of Taekwon-Do is particularly recommended for women because of this development of the lower abdomen, hips and inner thighs; areas which produce a youthful, feminine figure for women of all ages. After childbirth, in particular, these areas are stretched and weakened; Taekwon-Do training is ideal to restore muscle tone for health as well as appearance.

The typical training regime, involving intensive movements of the entire body, raises the pulse rate and oxygen characteristics of the heart and lungs over an extended period. This increased ventilation is termed an aerobic effect and provides the following benefits:

1. Helps the lungs operate more efficiently.
2. Enlarges the blood vessels, making them more pliable and reducing the resistance to blood flow, thus lowering the diastolic blood pressure.
3. Increases the blood supply, especially red blood cells and hemoglobin.
4. It makes the body tissue healthier in supplying it with more oxygen.
5. It conditions the heart providing more reserves for emergencies.
6. It promotes better sleep and waste elimination.

The training tends to be a normalizer of body weight in that it results in a gain of solid tissue for the underweight and a loss of body fat for the obese. The estimated calorie consumption for a vigorous Taekwon-Do workout is about six hundred calories per hour, one of the highest for any sports activity. Since the expenditure of about 3,500 calories results in a weight loss of about one pound, it will be seen that a weekly schedule of only six hours will result in weight loss of one pound per week. Taekwon-Do offers a super means of developing the characteristics of good performance in other sports:

1. Muscular strength.
2. Dynamic energy - the ability to throw oneself into performance with vigor.
3. Ability - to change the direction of movement.
4. Agility - the ability to move the body quickly from one place in space to another.
5. Flexibility of joints, muscles and ligaments.

6. Peripheral vision.
7. Concentration and the ability to avoid distraction.
8. Understanding the mechanics and techniques of body movements.

"Focus" requires that we have muscular strength and balance and the exertion of dynamic energy when we concentrate all the power of the body on one point in space. Combinations of basic techniques and patterns develop agility to change movements while sparring develops concentration and peripheral vision.

The organized training procedures stress a systematic warm up of muscles and ligaments, increasing blood volume and flow through the muscles. These warming up exercises promote flexibility of joints, tendons, and ligaments as well as serving to prevent injuries during training.