



Olympic Tae Kwon Do Times



August 2002

Upcoming Events

August

31st Car Wash in Albertson's parking lot

September

6-7th Second Dan Black Belt test
Located in Vancouver, Wa.
25-27th Colored Belt Testing

October

4th Belt Ceremony/Pot Luck
5th Make Up Belt Testing
19th Break-A-Thon
31st Halloween Party

Contact Information

Portland Location

Phone: (503) 531-3500

Address:

18335 NW West Union Rd Suite H
Portland OR, 97229

Lake Oswego Location

Phone: (503) 534-3029

Address:

3 Monroe Parkway Suite K
Lake Oswego, OR 97035

Tae Kwon Do Basics

Tae Kwon Do Rules

1. Respect your parents
2. Always do your best in school
3. Believe in yourself

Belt Testing Schedule

Wed. June 5th

4:30-6:30pm Level 1 Ages 8-12
7:00-8:30pm Level 1 Adult and Family

Thurs. June 6th

4:30-6:30pm Level 2 & 3 Ages 8-12
7:00-8:30pm Level 2 & 3 Adult and Family

Fri. June 7th

4:00-5:30pm All Levels Ages 4-7
6:00-7:30pm White Belts

If you would like to submit an article or have any questions/comments please email Rea and Leanna at:

newsletter@olympic-taekwondo.com





Korea Trip 2003



Do you want to be a part of a trip of a lifetime? Well, next summer you will have the opportunity to Visit South Korea with Master Kim and your fellow classmates. Every student and their families are invited on this fun-filled 10 day trip around South Korea.

The 10 day trip includes:

- Training at the University Master Kim attended
- Visiting the Kukkiwon (Tae Kwon Do headquarters)
- Trip to Lotto World (Korean Disneyland)
- Visiting the historic Kyungju City
- Relax on the beautiful Jejudo Island
- Trying lots of new food
- Learning about the Korean culture
- Five Star Hotels



If you are interested in attending this great opportunity please sign up in the office!
More information to come....

DON'T WANT TO PAY ALL AT ONCE?!?

Now, you can make monthly payments of \$100/month.

For those of you who are interested in attending the upcoming Korea Trip there is a new payment option. If you sign up now in the office, you are able to pay \$100 per month until the trip. This will help spread the cost of the trip over many months, avoiding a large sum of money to be due all at once. You may start paying at any time. For further information please talk with Lisa or Master Kim.

WHY YOU SHOULD SPAR

(With Apologies To McKenna Pickett)

By Jim Reuterskiold

This is addressed to all students of Olympic Tae Kwon Do regardless of your age, rank, or gender. If you want to be a well-rounded martial artist YOU HAVE TO SPAR. You will have to demonstrate your sparring ability at the black belt test in order to pass. You can break all the boards you want, but, as Bruce Lee said, "Boards don't hit back."

I realize that, for many of you, sparring is a very intimidating thing. Unlike some martial arts, WTF Tae Kwon Do sparring is full-contact, continuous action (there isn't a pause when a point is scored). To be frank, sparring this way hurts. Inevitably, especially when you first start, you will make painful mistakes. You and your opponent will bang knees; you'll kick someone's elbow; and sooner or later someone's going to get you "where it counts" with a low blow. Does it sound like I'm trying to talk you out of sparring? Well, here are some reasons why you should spar, anyway: Not unlike boxing, sparring is a game. You're not trying to beat someone up; you are trying to score points. Most of the competitors I've encountered aren't trying to tear someone's head off; they are simply trying to get more points by looking for openings and getting into position to score while preventing their opponent from scoring.

The fastest way to improve at full-contact sparring is by doing it. You can do all the drills you want; you can practice every combination known to man kicking paddles; you can learn a lot through non-contact sparring, but there is no substitute for putting on the hogu and sparring with a partner.

If you like to compete, there are several tournaments every year where you can test your skills. Tournaments are a lot of fun; you meet new people; you can travel; you can get cool t-shirts; you might even come home with a trophy.

Challenge yourself. Face your fears and overcome them. It's good to get out of your "comfort zone" once in awhile; that's where most growth comes from. Once you've had a few rounds and taken a blow or two, you realize it's not so bad. Even if you take an especially painful shot, if you can get up and continue, you have passed a test of sorts.

There are two options for sparring: Tuesday night at 8:20, which is open to all students with sparring gear, and Saturdays at 11:00 AM, which is open to Black Belt Club members only (see Lisa for details on how to join Black Belt Club). The Saturday classes are about 90 minutes, and there are a lot of drills where you can learn useful combinations and the strategies Master Kim used to earn five world championships.

Please come join us. Kids, this is a great game that is fun to watch and to play. Adults, male and female of all ranks, please take the challenge and come in.

P.S. Sparring gear is required for both Tuesday and Saturday classes. Ask Master Kim what you need; he can order it for you if you'd like, but check with him to make sure you're getting the right stuff before you buy your gear anywhere else.

