

# Olympic Tae Kwon Do Times



December 2001

## Upcoming Events

### December

5<sup>th</sup>-7<sup>th</sup>: Color Belt Testing

15<sup>th</sup>: Olympic Tae Kwon Do  
annual Christmas Party.  
Stoller Farm Middle School  
6:30-10:30pm. Nice Dress.  
No Jeans.

24th-31st School is closed

### January

School will be closed January  
1st and will re-open on the  
2nd.

## 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 Terms

1. Kong Kyuhk--Attack with Fists
2. Ahp--Front
3. Yup--Side
4. Sahng Soo (Hah Dahn) Mahk  
Gee-- Reinforced low block
5. Poomse--Form

### Tae Kwon Do Kicks

1. Ahp Cha Gee--Front kick
2. Yup Cha Gee--Side kick
3. Dwee Yup Cha Gee--Back kick
4. Dol Yut Cha Gee--Round House  
kick

### Tae Kwon Do Stances

1. Choon Gool--Front Stance
2. Hool Gool--Back Stance
3. Jah seh--Stance

If you would like to submit an article or  
have any questions/comments please  
email Rea and Leanna at our new  
email address:  
[newsletter@olympic-taekwondo.com](mailto:newsletter@olympic-taekwondo.com)





# Past Kicks



## Black Belt Testing

Congratulations to all who black belt tested!!! All 22 black belt candidates successfully received their belts. A big thank you to all who assisted with the test. Be sure to congratulate these new black belts during class!!!!

## Jim's Oops

I inadvertently left Leslie Rhode's name out of the article on the second-Dan test. Leslie is a valuable member of the team; he led the log-carry on the uphill portion of the trail. My apologies to Leslie and thanks to him and his family for helping make the test such a success.

Jim Reuterskiold





# LET'S PARTY!!!!!!

Its time to Party!!!! Yes, that's right, it is time for our annual Christmas party. However, this year is going to be a little different then it has been in the past. Due to the tremendous growth of our studio (and Tae Kwon Do family) we are holding the Christmas party at Stoller Middle School. In addition, there is NO pot luck.

Instead, it is being asked that everyone bring their favorite dessert...drinks are provided. The evening will consist of the following:

Dancing

Belt Ceremony (for colored belts)

Black belt certificates for both 1<sup>st</sup> and 2<sup>nd</sup> Dan will be given out

Talent Show

LOTS OF FUN!!!!!

When will this great event be taking place??? December 15<sup>th</sup> 2001 from 6:30-10:30pm. For many of you who have joined us in the past, the dress has been casual. However, this year we have decided to jazz things up a bit.... So, please come in "Sunday Dress."

Yes, this means NO JEANS!!!

Please feel free to invite family and friends, the more the merrier.

We hope to see everyone there!!!!!

## Reminder: New Email and Website

Just a reminder that Olympic Tae Kwon Do has a website where all current information can be found. The URL is

[www.olympic-taekwondo.com](http://www.olympic-taekwondo.com) be sure to check it out!

Please note that the newsletter email address has changed. It is now [newsletter@olympic-Taekwondo.com](mailto:newsletter@olympic-Taekwondo.com) . For any questions or concerns regarding the newsletter, please email Rea and Leanna at the above email address or talk to us in person.



# PREPARING FOR A TOURNAMENT

By Jim Reuterskiold

So you've been doing Taekwondo for awhile now and you've decided to test your skills at a tournament. Good for you; a tournament is a great place to make new friends and see other martial artists doing what they do. Maybe you're not sure what to bring. Here are some suggestions:

- Two uniforms. You never know when a Slurpee will jump out of someone's hands and get your clean white uniform all wet and sticky. Don't forget your belt!
- Sparring gear. Before you leave the house, make sure you have everything you need: chest protector, shin guards, forearm guards, groin cup, and a mouthpiece. Make sure everything fits; if you haven't worn it in awhile, try it on. If your gear is brand new, practice putting it on so you know how to fasten it correctly and the straps are not too tight or too loose. There's no time to mess with it in the ring.
- Change of clothing. You might not want to walk around all day in your uniform.
- A small first aid kit. A few band-aids, some antibacterial ointment, and one of those disposable ice packs is probably enough. Reputable tournaments have emergency medical treatment available.
- Food and water. Stay away from soda; the caffeine in colas will actually dehydrate you. Water or Gatorade are good choices. Bring food that's easy to eat and won't melt or spoil. Fresh fruit and sandwiches will work nicely. By the way, if you're sparring, stop eating and drinking about an hour before you start; you don't want a bunch of stuff sloshing around in your stomach.
- Money. Many tournaments have souvenir t-shirts, food, and equipment available. Now you're packed and ready to go (you did remember to send in your application and entry fee, didn't you?). Here are a few other tips.
- Drink plenty of fluids throughout the day, but stop drinking anything about an hour before your event starts. The officials won't let you take a bathroom break. • Be on your best behavior. Remember, you have your school's name on the back of your uniform, so you represent all of us.
- Forms competitors: when in the ring, speak clearly and LOUDLY. Tournaments are noisy; the judges and referees need to be able to hear you. Speak up!
- NEVER argue with an official or referee. Even if you think they're wrong, do not argue; it just makes you look foolish and rude (and it reflects badly on our school). When your event is over, respectfully ask the officials why they gave you the score they did; they're usually glad to answer a polite question. Sometimes, you will be treated unfairly. Handle it with dignity and determination to show the officials how much better you can do next time.
- Have fun. Be competitive, and do your best, but remember that this is for fun. As competitors, we all have good days and bad days. With the right attitude, you can have a great day even if you get beaten in the first round. Treat the day like an adventure: it's a chance to meet new people, maybe travel to a place you've never been before, and spend time with your friends and family.