



Olympic Tae Kwon Do Times



June 2002

Upcoming Events

June

- 5-7th- Color Belt Testing.
14th- Color Belt Ceremony and
potluck.

July

- 8-12th- Tae Kwon Do Summer
School Session 1. 9am-3pm
15th-19th- Tae Kwon Do Summer
School Session 2. 9am-3pm
22nd-26th- Tae Kwon Do Summer
School Session 3. 9am-3pm

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

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:

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Lake Oswego, OR 97035

*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 Jeju 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.

Tae Kwon Do Summer School 2002

Taekwondo Summer School Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 9:00	Drop-off	Drop-off	Drop-off	Drop-off	Drop-off
9:00 9:40	Detailed Poomse & Fun TKD Drill	Detailed Poomse & Fun TKD Drill	Detailed Poomse & Fun TKD Drill	Detailed Poomse & Fun TKD Drill	Detailed Poomse & Fun TKD Drill
20 Minute Break					
10:00 10:40	Kicking Details/ Combinations & Fun TKD Drill	Kicking Details/ Combinations & Fun TKD Drill	Kicking Details/ Combinations & Fun TKD Drill	Kicking Details/ Combinations & Fun TKD Drill	Kicking Details/ Combinations & Fun TKD Drill
20 Minute Break					
11:00 11:40	Reading: Book assigned by Parents	Reading: Book assigned by Parents	Reading: Book assigned by Parents	Reading: Book assigned by Parents	Reading: Book assigned by Parents
20 Minute Break					
12:00 1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 1:40	Punching/ Combinations & Fun TKD Drill	Punching/ Combinations & Fun TKD Drill	Punching/ Combinations & Fun TKD Drill	Punching/ Combinations & Fun TKD Drill	Punching/ Combinations & Fun TKD Drill
20 Minute Break					
2:00 2:40	Nunchuk Coordination Development	Nunchuk Coordination Development	Nunchuk Coordination Development	Nunchuk Coordination Development	Nunchuk Coordination Development
20 Minute Break					
3:00 3:30	Pick-Up	Pick-Up	Pick-Up	Pick-Up	Pick-Up

Enrollment: Limited to 20 students/session

Class Credit: Each day is worth 5 class credits

Necessary Items: Lunch, Taekwondo Uniform, Foam Nunchucks
(available in Office for \$10), Bring one book assigned by parents
to read

Cost: Pre-registration (Due June 22nd) - \$99 per session

Registration after (June 22nd) - \$139 per session

Kyepka (Break test)

One of the four elements of taekwondo (besides sparring, style forms and self-defense) is the break test. It is a obligatory part of the black-belt exam and is a popular element of taekwondo demonstrations.

Why?

Breaking an object is a good way to practice concentration, power, focus, speed and precision on non-living objects, without injuring oneself or another. It is very important to realize that a proper technique is needed and a breaking technique within your limits, because without it you can easily injure yourself, sometimes even permanently! Practicing breaking objects helps you to realize that your body itself is a very strong weapon. It also helps you to understand that during practice with a partner, you have to be very careful.

How?

The material that is most often used for breaking techniques is wood since it can be easily broken with either hand or foot. Other materials include bricks, tiles and sometimes even baseball bats! Breaking objects can be performed with any rigid part of the body. In taekwondo, the most common are the hand or the foot, but breaking can also be done by using the elbow, the knee and even the head.

In order to break an object, it is best to start light. Use an object that is easy to break, instead of directly trying to break a thick board, and start with a technique in which you feel confident. Use your techniques as they are taught to you and try to be as relaxed as possible. When starting practicing breaking techniques, it might help you to focus a few inches behind the actual point of impact.

Physics

Dry board are more brittle than wet ones and will break more easily. If a board does not break, a large force is transmitted back to your body for a relative long time. This might hurt :o) Break boards with the grain. It is much easier! When breaking a board, make sure that the person(s) who hold the board have a firm grip. If the board moves during your technique, it will soften your technique. Other factors not covered: angle of strike, size of attacking tool
Impulse = force (delivered by the strength of t =your muscles) times time (delivered by the speed of your movement). Therefore, the shorter your contact with the board, the bigger the force component will be and therefore, the easier the board will break.
momentum = mass (weight) x velocity (speed in a certain direction), The change in momentum is the momentum when you hit the target minus the momentum when you come to a stop, which is determined by weight and speed (== impulse??)/
The force applied to stop a movement determines how quickly it is stopped, since we can say the mass used to create the momentum will not change. In order to break a board (or any kind of material), you must cause a shearing moment in the board that is larger than the critical moment for that type of material. That shearing moment is
When you try to break a board, the board itself is supported as both sides. If you perform your breaking technique well, you will hit the board in the center which leads to an equal distribution of force on the two parts. Both parts will supply a reverse force of half the initial force. When the force meets the board, the top of the board will be in a state of compression and the bottom will be in tension. This will produce a torque on an axis through the middle of the board. If the torque is great enough the board will break
Besides force other elements that are important are power and pressure
The thicker the board, the harder it is to break the board. That is why often multiple smaller boards instead of one thicker one are used.