



# Olympic Tae Kwon Do Times



*March 2002*

## **Upcoming Events**

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### **March**

- 13-15<sup>th</sup> Color Belt Testing  
22<sup>nd</sup> No Classes! Come join us at 6:00pm for the Pot Luck/Belt Ceremony at the studio.  
23<sup>rd</sup>- Make up Belt Testing  
\*\*Make sure you get your VIP tickets for a friend or family member. This ticket also gives that individual an opportunity to receive three (3) weeks of free classes

### **April**

- 13<sup>th</sup>- Oregon Open Tae Kwon Do Championship. (This event is being held in Clackamas).  
20<sup>th</sup>- First Dan Black Belt Testing

## **Contact Information**

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## **Tae Kwon Do Basics**

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### **Tae Kwon Do Terms**

#### Competition

1. Hong - Red
2. HohGoo – Body Protector
3. Jeon - Round
4. Chong– Blue

#### Continuing our numbers....

5. Yeol Hanna - Eleven
6. SeuMool - Twenty
7. SeulMool Hanna – Twenty one
8. SoReun – Thirty
9. MaHeun - Forty

## **Tae Kwon Do Rules**

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

*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.

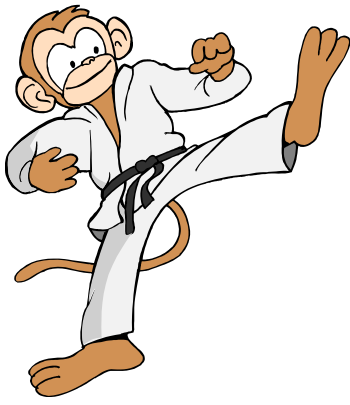
The 10 day trip includes:

- Training at the University Master Kim attended
- Visiting the Kukkiwon (Tae Kwon Do headquarters)
- Trip to Lotte 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....

(For more information please see Lisa Pickett or write to [newsletter@olympic-taekwondo.com](mailto:newsletter@olympic-taekwondo.com))



# PREPARE YOUR MIND FOR THE TEST

By Jim Reuterskiold

“I love taekwondo but I’m no god at sparring.”  
“I’ll never be able to break a board using that kick.”  
“How am I going to remember all this stuff?”  
“I can’t do push-ups.”

Do any of those statements look familiar? Everybody has moments of doubt, especially when it comes to a challenge like belt testing. Whether you’re just starting or you’ve been doing this for years, there are parts of the belt test that you are going to have a hard time with. So how do you get past the hard parts? Here are a few suggestions:

- Enjoy the process.** I put this one first because it is probably the most important piece of advice I’ve run across. Before you even set foot in the dojang, decide you’re going to have a great class today. If you make the decision to have a great class today, chances are very good that you will!
- Train!** When you attend class, use your time wisely. Don’t just go through the motions. Make every kick, every block, every stance, and every punch count. Practice can overcome nearly any difficulty.
- Don’t worry about being perfect.** Perfection is an unattainable goal that will cause you to focus on your weaknesses rather than your strengths. Instead, aim for excellence every time. You can be excellent every day simply by doing your best today.
- Enjoy your strengths.** In taekwondo (and in life), each of us has something we’re good at. Some of us are great at sparring; some have great flexibility; some do forms beautifully; some are good teachers; some have the best kihop in the class! Whatever you do best (and if you’re honest with yourself, you’ve got something), be proud of it!
- Don’t compare your abilities to other students.** You don’t have to do knock over the heavy bag with your back kicks just because someone else in the class can. Chances are there’s something you do that Mr. Back Kick can’t do all that well. In any case, concern yourself with YOUR abilities.
- Challenge yourself.** There’s probably some part of your training that you “hate.” Make a conscious effort to view the thing you hate as a CHALLENGE instead. That way, it becomes something you’re going to overcome rather than something that will stop your progress. For example, rather than thinking “I hate side splits; I just can’t do them,” think “Side splits are hard, but I’m going to get a little closer to the floor today than last time.”
- Remember rule number 3.** “Believe in yourself” is not just an empty slogan; it’s a crucial skill in all aspects of your life. As Henry Ford said, “Whether you believe you can or can’t do something, you’re right.”



# The Korean Flag



Many people have the Korean Flag on their uniform, without knowing that it has a more meaningful background than most common flags. On this page you can find a short overview of what the flag means and stands for. I thought that it would be interesting to learn about what the flag stands for and why we have it on our uniforms. The meaning of Korean National Flag is very philosophical. The origin comes from the Oriental philosophy called Eum-Yang, in Chinese pronunciation Yin-Yang. In Korea, the symbol of 'Yin and Yang', and sometimes the flag itself, is called *Taeguk* and summarizes the thoughts of 'I Ching' (called 'Yeok' in Korean). The name means as much as the flag of 'Great Extremes'. The flag consists of three parts: The white background, the red and blue circle in the center and four trigrams, one in each corner of the flag. The white background of the flag means peace. The red and blue circle in the center is called 'Taeguk', the origin of all things in the universe. The central thought is perfect harmony and balance: A continuous movement within the sphere of infinity, resulting in one unit. The blue part of 'Taeguk' is called 'Eum' and represents all negative aspects of the balance that is typical for the symbol. The red part is called 'Yang' and describes all positive aspects. The four trigrams at the corners (called 'Kwe' in Korean) also represent the concept of opposites and balance. The trigrams are heaven (upper-left) and at the other corner earth, water (upper-right) and at the other corner fire. Looking at symbols of the trigrams, you can see that they are opposites as well. Three unbroken bars (heaven) vs. three broken bars (earth), etc. For the Korean people their flag of T'aeGuk-Ki is a source of pride and inspiration. During the Japanese occupation period beginning in 1910 the Korean flag was outlawed in public places and for about thirty five years the T'aeGuk flags were kept hidden until Liberation Day in 1945. The Korean flag has been a symbol of this country's struggle for independence and freedom



## Yin and Yang



### Origin

The oldest 'Yin/Yang'-symbol, which was described in stone, was found in Korea. At the end of the 19th century, Korea needed their own flag. It is believed that Young-Hyo Park came up with the first concept. At that time, Korea was under the influence of all sorts of colonists like the Japanese, Chinese and Russian.

### The symbols

Yin means dark and cold, while Yang means bright and hot. A very old book called Choo-Yuk which is written by a Chinese claims all objects and events in the world are expressed by the movement of Yin and Yang. For example, the moon is Yin while the sun is Yang. The earth is Yin and the sky is Yang. The night is Yin and the day is Yang. The winter is Yin and the summer is Yang. Yin and Yang are relative. Therefore, A can be Yin with respect to B while A can be Yang with respect to C. For example, the spring is Yin w.r.t. the summer and it is at the same time Yang w.r.t. the winter.