



Olympic Tae Kwon Do Times



Upcoming Events

October

- 4th Belt Ceremony/Pot Luck
- 12th 10AM: Make Up Belt Testing
- 19th Break-A-Thon – Portland Studio
- 31st Halloween Party – Portland Studio

November

- 2nd Break-A-Thon
- 16th Black Belt Testing

December

- 4th-6th Color Belt Testing
- 14th Christmas party/belt ceremony and potluck

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

Murray Hill Location

Phone: (503) 524-4550

Address:

14657 S.W Teal Blvd
Beaverton OR, 97007

October 2002 Tae Kwon Do Basics

Tae Kwon Do Terms

1. Front Kick - ahp cha-gi
2. Side Kick - yop cha-gi
3. Round House Kick - dolryo cha-gi
4. Hook Kick - gullgi cha-gi
5. Form - poomse

Tae Kwon Do Rules

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

Tae Geuk Forms 1-5

1. Tae Geuk El-Jong
2. Tae Geuk E-Jong
3. Tae Geuk Sam-Jong
4. Tae Geuk Sa-Jong
5. Tae Geuk O-Jong

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

newsletter@olympic-taekwondo.com

Or bckim@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.

I'VE EARNED MY BLACK BELT...NOW WHAT?

By Jim Reuterskiold

As the T-shirt says: “Thousands of hours training; countless classes; hundreds of bumps and bruises; one black belt.” You’ve reached your goal; you’ve earned the symbol of a serious martial artist: the black belt. Your family took you out for a celebratory dinner. You’ve proudly worn your new belt (and the new black-collared Adidas uniform you promised yourself) to class. Everyone in the dojang has congratulated you. You get to stand at the far right end of the line in class. Your shoulders have finally stopped hurting from the 11,000 push-ups you did at your test (well, it seemed like that many). Now what?

Earning a black belt takes a tremendous amount of focus, faith in yourself, and plain old hard work. After you have reached your goal, it is important to set another one as soon as possible or complacency will set in. You’ve already decided that taekwondo is a good thing in your life, and you want to continue training. That’s a good decision, but you should have a clear reason why you’re continuing. Your goal doesn’t have to be lofty; maybe 3 taekwondo classes a week is the ideal exercise program for you. That’s a great reason to continue your training. Maybe you want to continue until you finally nail that spinning hook kick that you just couldn’t get during your color-belt days. Perhaps you want to be called “master” one day. *The reason itself isn’t so important as having a clear reason in mind.*

Once you know your reason for continuing, make a plan and stick with it. For 3 ½ years you followed a plan one step at a time, one class at a time, one belt at a time. Now that there’s no belt test on the horizon, you’ll have to come up with your own plan. If fitness is your goal, plan to be consistent with your 3-class-a-week schedule. If you want to compete, find out when the next tournament is and train diligently so you can be at your best on that day. If forms are your thing, throw yourself into learning *Koryo* (it’s tough but beautiful once you’ve mastered it).

Still don't have a reason? Here are a few ideas: (1) Become a referee. I can't tell you how many tournaments I've been to where the announcer begged for volunteers to judge forms and sparring. Officiating is a great way to give back to the martial-arts community, especially if you don't feel like taking the hits anymore. (2) Be a mentor. Come into the all-belt classes as a black belt and chances are you will get drafted into helping less experienced students learn their techniques. Remember how it felt when you were starting out and someone took the time to help you. (3) Perfect your technique. The wonderful thing about martial arts training is there's always room for improvement and growth no matter how good you are.

P.S. Regardless of what your goal is, here's an important hint (this works for color-belts as well as black belts): **PRACTICE ALL OF YOUR FORMS AT LEAST ONCE A WEEK.** That's the bare minimum for keeping them fresh in your mind. Get to know what each movement means. Perfect your stances. Forms can be a wonderful teaching technique for the deeper mysteries of taekwondo. At the least, they are great for practicing and expanding your arsenal of kicks, punches and blocks.

