



# Olympic Tae Kwon Do Times



February 2002

## Upcoming Events

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### February

Have a great Valentines Day

### March

13-15<sup>th</sup> Color Belt Testing  
Times to be announced  
23<sup>rd</sup>- Make up Belt Test

### April

13<sup>th</sup>- Oregon Open Tae Kwon Do  
Championship. Will be 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

#### Disciplines of Tae Kwon Do

1. Poomse - Forms
2. Hosinsul – Self-defense
3. Gyorugi - Sparring
4. Kyepka – Breaking Test

#### Tenets of Tae Kwon Do

5. Ye ui- Courtesy
6. Yom chi - Integrity
7. In nae - Perseverance
8. JahJeh – Self-control
9. Baekjool - Indomitable Spirit

## 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 our new  
email address:  
newsletter@olympic-taekwondo.com*





# Korea Trip 2003



Visit South Korea with Master Kim and members of the Olympic Tae Kwon Do family the summer 2003. 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 Jedu Island
- Try new food
- Learn about the Korean culture

If you are interested in going on the 2003 Korea trip please sign up in the office.

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



# Hitting the Mark

## By Chris Shepherd

Some, who know me, might think that this is a play on words and ‘hitting the mark’ would be directed at Mark Lieder... to whom I have planted many low round house kicks. I see room for his complaint regardless of the benefit to him that singing in the choir as a falsetto is now easy. Despite the truth that my aiming is something to be desired I must commit this article to the seriousness of becoming a Black Belt.

It has been five years of consistency that has taken me from a 39 year old sports nothing into becoming the 9th wonder of the geriatric ward at the age of 44. Five years of watching the young do things in Taekwondo that I could only dream about. Five years to see those who started later finish earlier and getting their black belt before me. Five years of getting slimmer, then fatter, then slimmer, then fatter, then fatter, then slimmer. I did not really know that 20 pounds could cycle so frequently and so creatively.

Hitting the mark for me was the ability to be consistent. Consistency takes on different definitions for each person but for me it was the ability to be doing Taekwondo in 5 years, 10 years and so on. My goal has never been to be a black belt but to be in Taekwondo long enough, and try hard enough, to eventually obtain my black belt. My consistency in coming to class has varied over the years... sometimes 3 times per week, sometimes 12. There were scattered months where the best I could do was once per week just to make sure that Master Kim remembered my face. There were times I wished for the lottery so that I could live the sport as only a teenager can dream. The lottery never came (other than one \$3 win) so my life, like yours, has family, work, church and surprises that take their time and weight on our schedules.

Hitting the mark takes on many forms... some marks are met one time and some continue by ‘morphing’ into something based on the last stage. I have hit the mark in consistency by being in Taekwondo for 5 years. I continue to hit the mark by belt testing and trying to get my body to change (ever so slowly) to do some of the necessary kicks and movements necessary for good form. Being able to teach is a mark that is hit one time but progresses over time. Continually knowing your lower belt forms is an ongoing mark that takes dedication and practice.

So what is ‘Hitting the Mark’ in Taekwondo? Understandably it has to do with personal goals but it would be limiting to stop there. To not consider higher goals is to not understand the nature of being a Black Belt. Being a Black Belt, in the true sense, is being able to move beyond the concentration of your own physical ability and beyond worrying about yourself in the sport. The goal of hitting the mark becomes one of being a helper, a servant, and a leader to others. It ceases to be a goal of self-centered improvement but one of improvement for the good of others; wanting to be your best to be available for others as the need arises. Ok, coming out of the clouds, basically the Mark is something other than for our own person benefit.

So here I am, five years later and a black belt in Taekwondo. According to Hollywood I am able to do a 540 degree spinning hook kick, climb the outside of 5 story building and take on Jet Li (when he is the bad guy) and come out triumphant. Unbeknownst to me I now have the strength of Arnold Schwarzenegger contained within the muscle mass of Bruce Lee and the flexibility of Jean-Claude Van Damme. Somehow this is not the first impression that comes to mind when I look at myself in the mirror. I see a cross between ... never mind. Regardless, I am now Black Belt.

In the time it took me to get another piece of my candy bar while writing this my conscious became aggressive and has beaten me up. I must now confess the weaknesses and joys of getting to become a black belt. Please, do not follow my weaknesses but learn from them. Take my joys to heart and see if they fit your 'Mark':

Weaknesses:

- Not keeping a regular class schedule over a long period of time – set times per week is better over the long haul
- Not stretching before and after class. The muscles get hurt if you only come in cold to class and then work out hard. You need to stretch after BECAUSE your muscles are tired BUT warmed up... this gets the best muscle length for next class
- Thinking that the workout will offset the 5 brownies, 4 cans of pop and the seventh trip to 'Pasta Heaven'
- Not really taking advantage of the higher belts before and after class. Use what they know.
- Thinking I knew more than I did at every given belt level. See previous bullet point

Joys:

- The point of starting Taekwondo was to have an activity that would be central for the family as the girls went into their late teens. This has been a continual joy in our family and a connection point for the family several times per week
- The success on being consistent in ANY sport for more than a week. I had never broken a toe until Taekwondo and, you know what, I did not mind as I was trying.
- The ability to teach. I love to teach and I am now able to teach the White Belts twice per week and am loving it.
- To see the maturity in my two daughters as they have progressed through the ranks over the last 5 years. They each have separate goals for Taekwondo but all of us have the central benefit of growing and maturing.
- Friends. Many have come and gone over the years but we all have that time together that we share something that is fun and hard and central.
- Knowing Master B.C. Kim. I cannot believe the good fortune that I, a non-sport desk jockey, have the ability to learn from one of the best in the world (and what a nice guy too).

So I end my article with an encouragement to you and yours. Please hang in there when the times get hard, the money gets short and the days are long. When you get to the end of your first mark you will look back and be appreciative of your consistency and the growth you have accomplished. Think... if you had stopped where would you be today?