



# BKMAS NEWSLETTER – November 2013

[www.bkmas.co.uk](http://www.bkmas.co.uk)

## Gradings

The last Gup grading of 2013 will be held on 5<sup>th</sup> December 2013

As always, students will be graded on their **attitude, technical ability, effort and behaviour** during class time.

Invitations to grade will be coming out during November.

The next Dan grading will be held on Saturday 9<sup>th</sup> November.

If you would like to come along and cheer on your friend/partner/spouse/child you will be allowed access at 1pm

## Classes

Last class of 2013 will be Thursday 19th December

First class of 2014 will be Monday 6th January

## East Meets West Charity Tournament 26<sup>th</sup> October 2013

Huge well done to all those who took part in the East meets West tournament held at CSMA Ullapool yesterday. Many congratulations to those with trophies (although you are **all** winners in my eyes!)

### **6-9 year Old Open Hand Form**

Danny Hoe: Silver

Abbie McGoran: Bronze

### **10-15 year Old Open Hand Form**

Hannah Jane Cochran: Silver

### **Adult Open Hand Form**

Megan Bass: Gold

Monique Hoe: Silver

Ronnie Lang: Bronze

### **6-9 year weapons Form**

Danny Hoe: Bronze

### **10-15 year weapons Form**

Razannah Hussain: Silver

Hannah Jane Cochran: Bronze

### **Adult weapons Form**

Ronnie Lang: Gold

Callum Smith: Bronze

### **Team Forms**

The Fantastic 4: Megan Bass, Hannah Jane Cochran,

Callum Smith, Monique Hoe: Gold

### **Adult Sparring**

Ronnie Lang: Gold

Callum Smith: Bronze



## Fourteen Attitude Requirements

The fourteen attitude requirements of Tang Soo Do apply to **ALL** BKMAS members and are meant to guide the Tang Soo Do Practitioner.

1. Purpose of training should be enhancement of mental and physical betterment.
2. Serious approach.
3. All our effort.
4. Maintain regular and constant practice.
5. Practice basic techniques all the time.
6. Regularly spaced practice sessions.
7. Always listen to and follow the direction of instructor or seniors.
8. Do not be overly ambitious.
9. Frequently inspect your own achievements.
10. Always follow a routine training schedule.
11. Repeatedly practice all techniques already learned.
12. When you learn new techniques, learn thoroughly the theory and philosophy as well.
13. When you begin to feel idle, try to overcome this.
14. Cleanliness is required after training. Keep yourself and your surroundings clean.

## Practice Etiquette

There's an ancient saying in the martial arts, "The practice begins and ends with etiquette." Some replace "etiquette" with "respect", but it is the same. Without proper etiquette and the right environment so much will be missed from the practice. In fact, most traditional etiquette has been so lacking from most modern martial arts schools throughout the UK and abroad that these schools should not even call what they are doing "martial arts".

This is precisely why very few people in this country understand what the martial arts truly are, what they are not, and why so few ever even try it.

Every action that one takes while at the dojang must be with complete and utter respect and focus—even reverence. This is how we strengthen our ability to be mindful in all that we do – **both in and outside the dojang**. This is how the practice positively changes lives.

How do you measure progress? Is it the colour of your belt? Is it based on seniority? No. There is really only one way—in your life. Is your life better because you practice? Are you a better person? Are you calmer and more centered? Are you happier? Do you have more energy and better concentration? That is where you need to look, not around your waist.

## Kihap

The Kihap (기합) is a very important part of Tang Soo Do practice. When properly executed, this special kind of shout combines sound with breathing in one explosive burst. The kihap should not originate in the throat, but from deep down in the stomach area, making use of the diaphragm, to forcefully push air up and out through the mouth, and be a manifestation of your fighting spirit. No two students' kihaps are identical, you will find that as your Tang Soo Do skillset grows so too will your kihap.

The kihap serves several purposes:

- It ensures that students breathe while exerting themselves for greater endurance, power and energy
- It heightens mental focus and concentration
- It helps to reduce tension
- It is an expression of confidence
- It is a way to motivate yourself and others by sharing your intensity and spirit

- A loud, powerful kihap can startle an attacker, giving you additional time to react or make your escape

### **Words of Wisdom**

“Use only that which works, and take it from any place you can find it.” — Bruce Lee

“You Have the Power to Fulfill Your Dreams!” — Tae Yun Kim

“Flow with whatever may happen, and let your mind be free: Stay centered by accepting whatever you are doing. This is the ultimate.” — Zhuangzi

“Martial arts is not about fighting; it's about building character.” — Bo Bennett

"The one who has conquered himself is a far greater hero than he who has defeated a thousand times a thousand men." - Buddha

## **Tang Soo!**