



BKMAS NEWSLETTER – February 2013

Welcome

Firstly I would like to welcome all of the new students we have had since the beginning of 2013....what a fantastic way to start the New Year!

I would also like to welcome back the old students who have returned....great to see you back!

Gradings

Gup gradings will be held on the following dates:

7th March 2013

6th June 2013

5th September 2013

5th December 2013

Remember that students are invited to grade based on:

Knowledge - knowing ALL required forms, techniques, showing an understanding of self-defence techniques for their ability.

Effort – students should be putting ALL their effort into every class.

Respect & Etiquette – students are all given information on how to behave in class when they join. Little things like not bowing upon entering/leaving the training hall or bowing to Dan grades is noticed and noted.

Attendance – between gradings there are approximately 26 class nights.

Students are required to attend at least 20 hours of training between gradings.

Allowances will be given for holidays and illness, if the instructors are told about them.

Attitude

Proper Attitude is probably the most important factor in determining a student's success in Tang Soo Do. Only those who display the proper attitude towards themselves and others can call themselves true martial artists. Here are the Fourteen

Attitude Requirements to Master Tang Soo Do:

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 techniques all the time
6. Regularly spaced practice sessions
7. Always listen to and follow the direction of instructors and 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 and tidy

The 14 points above should also be put into practice outside of class....as should the 5 codes and 7 tenets of Tang Soo Do:

1. Loyalty to country
2. Obedience to parents
3. Honour friendship
4. No retreat in battle
5. In fighting choose with sense an honour
1. Integrity
2. Concentration
3. Perseverance
4. Respect & Obedience
5. Self-Control
6. Humility
7. Indomitable Spirit

Learn these and abide by them.

TANG SOO!