



BKMAS NEWS – August 2012

Gradings:

The next Gup grading will be held on Thursday 6th September, there will be no regular classes on this day

Students will be invited to grade in the forthcoming weeks

The next Little Ninjas grading date is still to be decided

There will be series of Dan/Cho Dan Bo “pre-tests” also going on in the next few weeks. These will take place during class times as not to disrupt other commitments.

The “pre-tests” will be pretty informal but will give you all an idea as to what requires a “little tweaking” prior to the main test to be held in November (date still to be confirmed).

Classes:

Junior students are more than welcome to stay on for another hour into the senior class for no extra charge to get some more training in, likewise senior students are more than welcome to come early and join in with the junior class.

In Alness, we will be lining up differently from now on, having the Juniors in front in the first hour and Seniors in the front the second.

Remember we have classes in 2 locations Alness and Dingwall, times on the website, and you are all welcome to attend both.

Reminders:

Below 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 out effort.
4. Maintain regular and constant practice.
5. Practice basic techniques all the time.
6. Regularly spaced practice sessions.
7. Always listen 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.



General Rules

Here are the first six BKMAS general rules:

1. Students must arrive at least 10-15 minutes before the class is scheduled to start
2. Students must pay the proper respects to higher belt holders (Cho Dan Bo and above)
3. Always bow when entering or leaving the Dojang
4. Avoid taking part in loud or controversial activities in the Dojang
5. Students should remain silent, especially during forms and free sparring
6. Warm up and stretch prior to the start of class

The rest of the rules can be found on the club website (student area).
Please abide by these rules.

Website Student Area

If anyone does not have access to the student area on the website please let me know. There is lots of information, from terminology to how to fold your uniform, as well as forms, weapons and other material to help you in your practice. There is also some interesting off-syllabus stuff for you to play with, should you wish to.

Box Split Trial

Currently there is a worldwide trial on performing box splits, running with Master Mark Adlington (7th Dan) Dragon Black Belt Academy International (DBBAI).

I have been taking part in the trial for over a week now and results are amazing!

If anyone would like to take part please let me know and I will give you more information.

Energy Forms

Most of you have been trying out the Tang Soo Do energy form Alpha One with mixed results, but mostly good ones. These forms have been developed by Master Adlington and there are more. I am currently in conversation with Master Adlington, and will be visiting him later in August to see if he will share some more with us.

10th Birthday

In September the club will be 10 years old!!

Also Little Ninjas and the Dingwall classes are a year old!

If you have any ideas of how we can celebrate these let me know and we will go with the most popular.