



BKMAS Newsletter

March 2015

Welcomes!

I would like to formerly welcome Sasha, Corena, Lauren, Rachel and Scott, the newest members, to the BKMAS family....Welcome!

Website – Student Area

The Student Area of the website has been updated (as well as the rest of the site).

This area of the website has what you need for your Tang Soo Do training, and is exclusively for BKMAS members.

Within the student area you will find general rules, club principles, helpful information, hyung breakdowns & videos as well as a lot of off syllabus material for you to practice if you so wish.

The password for this area has changed...ask at class for the new one.

14 Attitude Requirements

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. 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.

TANG SOO!