



BKMAS NEWS – June 2012

Classes/Gradings:

Little Ninjas will be grading on the 7th June from 6:30pm to 7:30pm.

There will be no Junior class on this day, but junior students will be welcome to come to the senior class

The next Gup grading will be held on Thursday 14th June – students will be invited in the forthcoming weeks

There will be no classes on Thursday 14th June due to the grading

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.

Reminders:

The seven tenets of Tang Soo Do apply to all members and are meant to guide the Tang Soo Do student.

Integrity (Sung Shil)

BKMAS students must strive to be good, honest and noble.

Concentration (Chung Shin Tong Il)

One of the most important aspects of Tang Soo Do is to focus our minds. The brain can think of many things at once and change thoughts at great speed. The ability to focus on one thing from other fleeting thoughts is concentration.

Perseverance (In Neh)

BKMAS students can achieve many things with persistent and repeated effort. This path is the only way to reach your final destination – “Your Goal”

Respect and Obedience (Chon Kyung)

This implies a tolerant and sincere effort to understand and appreciate the customs and values of other people. A student’s ego or pride should be secondary to the order of the instructor, senior and the Dojang (Training Hall) rules.

Self-Control (Keuk Ki)

BKMAS students should not lose prudence, but should discover oneself first and learn to control that self.

Humility (Kyum Son)

BKMAS training requires many bows (Kyung Yet). Bowing trains the students in self-respect and humility. Be humble, continue to criticize and correct yourself, not others, then you will achieve your humility.

Indomitable Spirit (Bul Kul Chung Shin)

Life is full of trials, tribulations and chances of failure. However, differences start from the point where you stand up and try again, or simply give up. BKMAS training incorporates this indomitable and constant determination to succeed. “A winner never quits and a quitter never wins”.