



## BKMAS NEWS – September 2012

### **Training & Practice:**

It is your responsibility to continue your training at home. As much as I would like the short time we have in the classes to be enough to progress to Black Belt, it is not.....it is up to you.

It is becoming quite clear, in the class, those who do practice outside the classes and those who don't. The ones that don't will find that they will not be selected to grade through the belts.

It is also becoming clear those of you who have the right attitude to become a Black Belt. This is measured in class by; class attendance, showing and using the correct respect and etiquette, putting in the effort in class as well as out, performing the correct stances, learning the terminology and also the small things like reading the newsletter!

Some people tell me they don't have time to train outside of class; I put it to them that the hyungs take on average 40 seconds to perform and if this time cannot be spared to run through a hyung then a Black belt will be a long, long time coming. Granted that self-defence techniques may be difficult to practice without your training partners but you can think about them and work them through in your mind....the same can also be said for weapon training, if you don't have the space to wield a bong run through the techniques in your mind.

There are many things on the website to help you through your training, consider it a type of student manual.

I can't wait to give you all your Black Belts, but it is up to you how long it takes to get one.

### **Positive Mind Work:**

As martial artists we should train the mind as well as the body. If you say in your mind enough times that you can't do something it will come to a stage that you will not be able to do it. If you keep telling yourself you can and keep trying it will click into place eventually.  
Stay positive!!!

### **Respect:**

If we each do what we can to improve our own lives and help others, those smaller actions can make up a greater whole.

Respect others for who they are. Teachers, parents, family, friends, fellow students, neighbours and strangers all deserve our respect even when we don't agree with or understand their point of view. We all want others to respect us, even if we have different opinions about things.

What about respecting ourselves? Part of self-respect is knowing who we are and liking what we know. This does not mean that we think we are better than others, it doesn't mean that we think we should have everything we want. There is a big difference between having self-respect and being selfish.

You will never have sore muscles from practicing respect and self-respect!

### **Classes:**

There will be a Gup grading on Thursday 6<sup>th</sup> September; therefore there will be no normal class on this day.

### **Competitions:**

We have been invited to the DBBAI (Dragon Black Belt Association International) Championships to be held in Sawtry (Cambridgeshire) on the 14<sup>th</sup> October.

If anyone wants to attend ask me for an entry form.

### **www.bkmas.co.uk:**

Just a reminder that the website is there for you, the Students area is full of information to assist you with your training.

TANG SOO!!