



DO - JANG NEWS

March/April 2004

A Newsletter for Students and Families of KTA

Upcoming Events

*Details on all events are
available at KTA.*

*Additional dates/events posted.
See announcement window and
weekly e-mails.*

MARCH

3/19 Kids Safe
Presentation
6:30—7:30

3/20 Kid ID Photo
Program
9:00—11:30 a.m.

APRIL

4/16 Promotion Test
6:00 p.m.

(Note: The April
Promotion Test
will be on Friday
NOT Thursday!)

4/17 Indiana State
Championships
(Brebeuf)

May 22, 2004

Indy Cup
Taekwondo
Championships
Hosted by
Master Cooley and KTA

A Message from Master Cooley...

2004 at KTA has started out great! Our students raised over \$6,000 for the American Heart Association and for KTA Athletes, Coaches, and Referees at Indy Heart Kicks!

In February, we had outstanding Promotion Tests as well as an exciting Intra-School tournament. Results from these events are posted on our website.

In March and April, we will be focusing on Abduction Awareness and Self-Defense related techniques in class as well as our regular curriculum so those testing on April 16th will be able to continue toward their Black Belt goal.

I encourage everyone to continue attending class each week and taking advantage of all we have to offer while continuing to strive toward your goals! At KTA, we are looking forward to the coming months with excitement and enthusiasm. The year has started out great, so let's keep the momentum going!

Sincerely,

—Master Cooley



**CONGRATULATIONS AND THANKS TO ALL KTA STUDENTS
WHO MADE INDY HEART KICKS 2004 A SUCCESS!!**



CONGRATULATIONS TO ALL WHO TESTED IN FEBRUARY!!

What am I doing here?

By Mark Huehls - 4th Dan Black Belt

I've been a Taekwondo student for a long time, and I teach Taekwondo students of my own as a volunteer in the sports ministry of a church in Southport. During this time I asked some questions many times: What am I doing? What am I teaching? What's the lesson? Each of us have different experiences with Taekwondo and so it would seem each of us have learned different lessons. Taekwondo is many things to many people. Being a serious Taekwondo student is a good thing. School administrators are delighted when their behavior problem students start training in martial arts, because they become much more self-controlled and much less a problem. Parents find the same changes in their children. And I've noticed that adult students find good grounding for their principles and make a positive change in their lives.

The KTA Student Guide has been around ever since I became a KTA student. Of all the martial arts schools I've visited, and all the written student instructions I've seen from other martial arts schools, none are as good as the KTA Student Guide written by Grandmaster Yoon. The best I've seen elsewhere are lists on 3 or 4 typewritten pages, never a bound book. We, as students at KTA, are truly fortunate to have a really good Student Guide. Reading the Student Guide, I find a lot said about forms, kicking combinations, terminology and whole page with 25 rules of conduct. Reading these rules we will find instructions about behavior, and some words that should get special attention. Words such as: courtesy, respect, self-control, concentration, modesty, perseverance, and patience. Toward the back of the Student Guide we have a Taekwondo Pledge. That pledge is also about conduct, and uses words such as: humble, honest, obedient, discipline, concentration, modesty, and patience. And liberally sprinkled through out the Student Guide is the word: attitude.

In many cases these words are synonyms of each other. Taken individually each of these words is a character trait. Taken collectively and acknowledging these words as part of the curriculum, means we are teaching character as a lesson underlying all the other lessons we teach.

We need to consider our character lessons in the context of Taekwondo and in the context of living our lives with our families and in our community. We each have responsibilities to those we live with at home, at school, at work, and at play.

We must respect ourselves and others enough to keep those responsibilities to each other.

Attitude: Charles Swindol said all about attitude when he wrote:

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than the facts. It is more important than the past than, education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company, a church, a home. The remarkable thing is that we have a choice every day regarding the attitude we will have for that day. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our Attitudes."

To answer my questions:

What am I doing? I am teaching. I love teaching. I love my students.

What am I teaching? I am teaching physical skills, and using the physical exercise experience to teach character.

What's the lesson? The lesson is to be a person of honor, respect, and high character.

All of us who lead and teach are examples to those who follow and learn. As examples we are held to a higher standard. Albert Schweitzer said it right when he said:

"Example is not the main thing in influencing others. It is the only thing."

Children are the world's most astute observers of example. Children are the worlds best hypocrite detectors. At no time will any difference between what we say and what we do, go unnoticed. This means we who are examples for children are held to the highest standard. It is a hard place to be but the rewards are great.

Taekwondo presents us challenges to be overcome. As we meet these challenges we learn qualities of honor, respect, and high character. So, of all the lessons we teach here at KTA, the lesson we take with us for all of our lives is being an honorable person, of high character.

KTA Welcomes New Students

Ben Booher

Lizzie Booher

Ashley Burgoa

Brandon Burgoa

Christopher Chamberlain

Nicholas Chamberlain

Darryl Childress

Dan Dimond

Lucy Dimond

Patrick Dimond

Willy Dimond

Ashton Elston

Winston Elston

Patrick Johnson

Gage Hein

Shawn Kauzlick

Robert Landis

Duncan McEwen

Mark Prodger

Matthew Prodger

Caleb Seland

Trond Seland

Abigail Sherfick

Susan Spomer

**When you see someone new
at KTA, be sure to give them a
warm welcome!**



CONGRATULATIONS OUTSTANDING STUDENTS

Alyssa Koziol, Tommy Preston, Paul Yoon, Yun Zeng,
Sam Lowell, Maria Alarcon, Blythe Justen-Wible,
Ken Miller, Joshua Becker, Kelsey Labens

Making the Most of Your Taekwondo

How can we help ourselves (or our children) make the most of our (their) Taekwondo training?

1. Attendance, Attendance, Attendance!

Students who consistently attend class 3 times per week will benefit the most. Less may not be enough and more may cause burn-out.

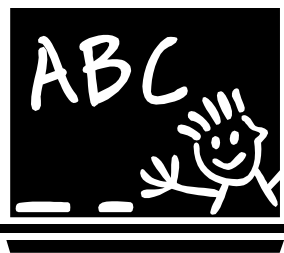
2. Practice Techniques in Class:

At home, you may make a mistake in your technique that will be much harder to correct. Also, you may injure yourself or others. Practicing Terminology and tying your belt is something that you can do when you are not in class. If you want to practice your techniques, come to class more often!

3. Mental Coaching:

This applies to parents who have children training. (By the way, if you are not training, maybe it is time to consider joining your children in a fun and healthy activity!) Your encouragement and support is vital. This includes bringing them to class consistently and letting them know how proud you are of their progress!

Consistent attendance with 100% effort along with encouragement from both instructors and parents is key to motivating students as they work toward achieving their goals!



**CONGRATULATIONS TO KTA STUDENTS
DEMONSTRATING OUTSTANDING
ACADEMIC EXCELLENCE!**

Straight A's

***Dawnyale Allen, Kelsey Appleton, Kent Gauen, Melissa Johnson,
Nicholas A. Kollias, Davis Lane, Grant Lin, Janice Lin, Ian McDaniel,
Sara Mulryan, Lauren Slemenda, Rachael Thomas, Christopher Toth, Yun Zeng***

Almost Straight A's (1 B)

***Nick Buckman, Diane Duros, William Fetherson, Christian Kautzman,
Alyssa Koziol, Grant Leach, Sean Shearrow***

***** All students are requested to bring in their report card (or a copy) to share with Master Cooley.
We encourage all children to do their best at school!***



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**IMPORTANT
DATES &
INFORMATION ENCLOSED**