



DO - JANG NEWS

November/December 2003

A Newsletter for Students and Families of KTA

Upcoming Events

November

REFERRAL APPRECIATION MONTH

11/27—29

KTA CLOSED
Happy Thanksgiving

December

12/11 Promotion
Test
6:00 p.m.

12/12 Holiday Party
Fishers
6:00 p.m.

12/13 Black Belt
Seminar
9:00 a.m.

12/22—1/3
HOLIDAY SCHEDULE

January

Indy Heart Kicks—TBA

Dear KTA Family,

Since this will be our last newsletter of the year, let me be one of the first to wish you a healthy and happy Holiday Season! Make sure to continue to attend classes each week and continue striving for your goal of Black Belt and beyond!

I hope you will mark your calendars now and attend various events listed on the left. Also, be sure to check the window at KTA and your email for continual updates and announcements. If you are not on our confidential email list and would like to receive updated information weekly via email, please send us an email at info@indykta.com

-Master Cooley

Taekwondo: Training with Sincerity

By Andy Stewart, 2nd Dan Black Belt

Continuous Improvement: A process of adjustment and fine-tuning

Just a little over 2 years ago, I “re-joined” the martial arts community when I signed on at KTA after several years of independent study and practice. (I had previously earned my 1st Dan in Tang Soo Do, with base levels of training and experience in other arts prior to and following that particular milestone). Although I have always considered myself a student of martial arts, returning to the student role in a more traditional sense was a shift from being the independent, “free wheeling”, self-study martial artist I had become in the recent years prior. In fact, as a new KTA student, I experienced many immediate changes that challenged the paradigm under which I had been operating under for so long:

- Regularly scheduled workouts,
- More frequent workouts,
- Actual promotion tests, again,
- A structured curriculum (i.e. numbered one-steps, kicking combinations, etc.),
- A new approach to competition (my first exposure to Olympic-style TKD; Gyorugi)

...And certainly there were more.

Because of my prior experience, Master Cooley graciously accepted me into KTA as a Recommended Black Belt. My first objective: to absorb all of the curriculum requirements for White Belt through Black Belt in preparation for the Black Belt test that would take place in the coming months. The prospect of finally earning my Black Belt in Taekwondo was exciting to me (my introduction to the martial arts was through Taekwondo at age 14, where I had only gone so far as green belt).

Continued on page 2

KTA Welcomes New Students

Michael Baydoun

Austyn Board

Cole Board

A. J. Jones

Al Jones

Annalise Lowry

Gail Lowry

Juliette Lowry

Stuart Lowry

Kuo Ooi

Blake Patterson

Esme Patterson

Sam Patterson

Christine Pittman

John David Pittman

Arej Sayyah

A. J. Smith

P. J. Stokes

Joy Ting

Chris Toth

Matthew Toth

Chris Wing

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

Cont. from P1.

As a Taekwondo 1st Dan at KTA, even with a prior background in martial arts, I have continued to learn, refine, and evolve in Taekwondo. At KTA, I've picked up new techniques, I've learned new concepts, and I've gained significant improvement in certain areas:

- Concepts and Techniques
 - *Reverse-turn roundhouse*
 - *Double (triple, and quadruple) kicks*
 - *360 back spinning kick, and, more recently...*
 - *Working on the 540 back spinning kick*
 - *New approaches in one-steps and Hapkido applications*
- Improvements and Achievements
 - *Increased Taekwondo competition sparring understanding, intensity, and ability through Gold Class training*
 - *Local, Regional, and National level competition experience (I have been fortunate to medal in every event I participated at all levels over the past 2 years, made possible by my training at KTA)*
 - *New levels of proficiency in board breaking (I've broken boards with techniques I never though I'd try)*

...And certainly there are more!

My intent, of course, is not to boast, but to acknowledge the growth I have personally experienced since I joined KTA 2+ years ago, and along my trek toward 2nd Dan. I've come to believe that if one continues to train, and does so with sincerity and purpose, improvement is bound to happen. "Training with sincerity", in my definition, is to train with a continual and focused effort to make adjustments and fine-tune; persisting whether improvements come slowly or quickly, incrementally or dramatically.

2nd Dan: A milestone, a launch pad

My journey toward 2nd Dan, as I continue learning, refining, and evolving, has been one of many adjustments, both mental and physical. It is a milestone that I am proud and honored to achieve. I sincerely look forward to the leadership and responsibility that the rank implies. At the same time, as I look ahead, I am forced do ask myself:

- What shall I do from this point?
- Where do I go from here?
- What else can there be for me?
- What does the future hold for me?

As I ponder these questions, I recall Grandmaster Yoon's words, that at 1st Degree Black Belt "you are just beginning your training." Then, I reflect on how much I have learned and improved since earning my 1st Dan at KTA, and begin to realize that, as I continue in my efforts to learn, refine, and evolve in Taekwondo, I can't help but be eager to discover what lies beyond, to look deeper into Taekwondo, and to understand what it means to master Taekwondo.

While I continue on my Taekwondo expedition, I am intrigued by the path ahead of me – from 2nd Dan through 3rd Dan and 4th Dan to 5th Dan and beyond. In what ways will I grow and evolve in Taekwondo over the next 3 years? 7 years? 12 years? Where will KTA take me? Where will I take KTA? Truly, only time will tell. In the meantime, I will to continue training with sincerity, improving myself, helping others along the path, and striving to capture the essence of Taekwondo.

Planning Ahead

2004 Test Dates

Promotion Tests:

February 5*

April 15

June 10

August 12

October 14

December 9

Black Belt Tests:

February 7*

June 12

October 16

*Dates are subject to change
*Changed since post in last
newsletter*



Congratulations Outstanding Students

Blaire Justen-Wible, Aaron Moore, Sara Mulryan, Cobi Petrucciani,
Kim McGee, Melvin Harris, Mark Gordon

NEW BELTS!

As of December 2003, KTA will be making some minor changes to our belt ranking system. In order to be more consistent, we will be eliminating "tips" on belts.

From now on, all students will receive a new belt at each test they take as they progress toward 1st Dan Black Belt status. Instead of tips, a new belt with a white stripe going through the middle of the belt will be used.

Please see the ranking system listed below:

10th Grade White Belt

9th Grade White Belt w/Yellow Tip

8th Grade Yellow Belt

7th Grade Yellow Belt/White Stripe

6th Grade Green Belt

5th Grade Green Belt/White Stripe

4th Grade Blue Belt

3rd Grade Blue Belt/White Stripe

2nd Grade Red Belt

1st Grade Red Belt/White Stripe

Recommended Black Belt

1st Degree Black Belt

We will still award yellow tip(s) on white belts. This is not an official test but a way for white belts (and instructors) to determine their level of progression.

KTA Student Success Stories

Katherine Mena was selected to attend the Junior National Young Leaders Conference in Washington D.C.!

Janice Lin attended the National Junior Classical League Convention and received two first place awards in impromptu art and pencil in addition to several other top 10 awards!

Scott Studebaker was recently inducted into the National Junior Beta Club!

Cheryl O'dore ran the Chicago Marathon in 4:25. She ran on behalf of the Spinal Cord Injury of Illinois!



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**IMPORTANT
DATES &
INFORMATION ENCLOSED**