



KOREA/USA SIMMUDO ASSOCIATION

MARTIAL ART FITNESS CENTERS, INC.

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Some thoughts I came across in my readings that I thought I'd share with you.

FACING LIFE'S CHALLENGES

1. EMBRACE THE PRESSURE.

The pressure of a challenge is our single most important ally. No reward can be embraced without the pressure of a challenge.

2. KNOW YOUR RESPONSE in advance.

Don't wait till an emergency happens to figure it out. Prepare in advance for emergencies.

3. ACT WITH CONFIDENCE even if you don't feel it.

Learn, train, prepare and then go forward with faith and confidence. Pray like it all depends on God. Work like it all depends on you.

4. TRUST YOUR INSTINCTS.

Seek advice, listen to counsel, look at your situation, then trust your instincts. Dance, don't count your steps.

5. FACE YOUR FEARS

According to the experts barely 1% of our fears ever come to pass. And of that 1, most of what we fear is very manageable. Most of what we fear is simply in our imagination. Face your fear & ^ the death of fear is certain.

6. PERSEVERANCE, Never, ever give up.

We are all faced with adversity, set backs, and defeats. But it's not how often we get knocked down that counts, it's how often we get back up.

In the process of facing the challenges of life: Don't define yourself by outcome. Define yourself by what you become. It's not the outcome of success or failure that is the most important in life. It is the character we have developed through facing the challenges, setbacks, and adversities of life that is truly most important.

Regards,

Fred Gammels

Director - Korea/USA Simmudo Association

FILLING IN THE GAPS

Most, if not all of us, started our martial arts journey in just one art. **Later on in our training we may have found areas that our core art was lacking.** I hear some people claim such-and-such is a complete art because it entails striking/blocking, jointlocks/throws, groundwork, weaponry, ki-development, etc. It may be complete since you are getting a little of all those elements but are you going to have the same skill level as a person whose focus is on one or two of these elements? Probably not.

I am not going to push or promote one art over another or even certain arts for certain skills here. However, if you take an honest look at what your practicing you will come across areas where your skill level is lacking. Depending on what your goals within your martial arts training are this may not matter. **However, to help fill in these gaps cross-training in another art can be a very effective and enjoyable way to expand your knowledge.** I personally think it is important to at least have spent enough time in one art, your core art, to have achieved the rank of black belt before starting to cross train in another art.

It does not mean you need to reach black belt level in that art but it is important to spend enough time in the new art to truly get a grasp on the material. I have seen people who spend a few months doing one art, then jump to another art, then jump to another art and just continue to train in this way.

This is just giving them a very brief introduction into the material they are training in.

The only way to truly learn the material is by putting in the blood, sweat and tears by training until the techniques start to become a reflex.

For those of us that are instructors it is important to be honest about your arts strong points and weak points with students. The days of trying to pass off one art over another should be gone by now but unfortunately you still come across it. Instead of trying to pass off whatever art it is we teach as the best one we should be willing to learn to fill in the gaps our own training, **AND BE HONEST about where the material came from.** We should also be willing to refer our students to other instructors who can help to fill in some of the gaps that are found in the training that we are not qualified to cover.

The martial arts can be a lifelong journey. During that journey it is important to be dedicated to training yourself and your students if you are an instructor. **It is also important to try and grow in the areas our skills may be lacking.** By cross-training we have a chance to grow as a martial artist.

Take care,

Kirby Strissel

Administrator - Korea/USA Simmudo Association



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