



# KOREA/USA SIMMUDO ASSOCIATION

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## SPRING NEWS - 2008



### ARE YOU TOO BUSY?

One day a little boy came upon a man in a woods working up a sweat sawing down a tree. "What are you doing?" the boy asked.

"I'm sawing down a tree, the man said impatiently.

"You look really tired!" the boy exclaimed. "How long have you been at it?"

"About five hours," the man replied.

"Well why don't you take a break and sharpen the saw?" the boy asked. "I'm sure it would go much faster."

"I don't have time to sharpen the saw!" the man said impatiently. "I'm too busy sawing."

What are you too busy for these days? Take time for your own physical, mental, spiritual, or social health. And you'll find that you have more energy, time, and desire for the activities and people that are truly important to you.



Taking time to walk a mountain path located around ShiHeung City, South Korea

*Regards,*  
*Fred Gommels*  
*Director - Korea/USA Simmudo Association*



### BLACK BELT PROMOTIONS

#### 1st Dan

Aaron J. Juenger - TaeKwonDo & Simmudo  
Matthew D. Munz - TaeKwonDo & Simmudo

#### 2nd Dan

Douglas L. Beauchene - TaeKwonDo & Simmudo

#### 4th Dan

Andrew M. Kruse - TaeKwonDo & Simmudo

武

### KOREAN MARTIAL ART TERMS

道

#### English

#### Korean

|                     |                         |
|---------------------|-------------------------|
| Martial Art         | MuDo 무도 (Chinese Above) |
| Front Punch         | Ap Jjirugi              |
| Reverse Punch       | Pandae Jjirugi          |
| Front Back Fist     | Ap Tung Jumok Chigi     |
| Outside Back Fist   | Pakkat Tung Jumok Chigi |
| Outside Knife Hand  | Pakkat Sonnal Chigi     |
| Inside Ridge Hand   | An Sonnal Tung Chigi    |
| Front Kick          | Ap Chagi                |
| Side Kick           | Yop Chagi               |
| Round Kick          | Tollyo Chagi            |
| Hook Kick           | Nakka Chagi             |
| Axe Kick            | Naeryo Chagi            |
| Rising (High) Block | Ollyo Makki             |
| Low Block           | Arae Makki              |
| Outside Knife Block | Pakkat Sonnal Makki     |

Terminology take from:

Taekwondo: Traditions • Philosophy • Technique

By Marc Tedeschi



GM Kim, Joung Song  
Demonstrating Ship Jin

## ARE YOU JUST GOING THROUGH THE MOTIONS? PART 2

In the last part of the article looked at what is meant by intent or focus when people are practicing. For the purpose of this article **intent or focus is going to mean being in the moment and aware of what is being done.** Below are some examples, relating to forms, sparring and self-defense, of what to watch for with students to see if there is intent while they are working out or if they are just going through the motions.

**Often times in form and sparring it is easy to see if there is a lack of intent while executing techniques.** During both of these categories if a person is lazily throwing techniques with no speed, power, or intent it is easy to see. If the speed and power are there then one should look to see are the techniques being thrown toward appropriate targets or being used in the appropriate way. Often times if there is no intent behind the technique the student will let it travel out in the general direction of where it should go but there is no target in mind.

Asking the student **what their target is they are aiming for** is an easy way to see if they have the intent or focus on what they are doing. When they pause and think about it there is probably no intent or focus to strike a specific target. I will always tell students during form that they should visualize striking a mirror image of themselves, not somebody taller or shorter. This way they can focus on delivering the techniques toward a target in their mind that is the same size as them. With sparring I will ask them to aim to the appropriate target area on their partner who may be taller, shorter, etc. This teaches them to focus in on the target instead of blindly swinging.

**In self-defense people may walk through the motions or pull the techniques so they do not hurt their partners.** It is good that they may be looking out for the safety of their partner but it will not help them learn to do the technique properly. In these instances I will try to get the students to first slowly go through the technique with very little speed and power, but have the intent or focus on executing the technique to get a feel for it. Once they are comfortable with this we will work on picking up the speed and power. They should develop a feel for the resistance their partners body is giving them. This way they can reassess and see if they need to adjust the speed or power if it is too much or too little or they may need to get into proper position.

This is a very broad approach to getting people to have intent or focus behind the techniques they are going through. **As instructors help the students to see where they may be lacking in their focus.** As individuals try to always have intent behind the techniques as you practice.



*Take care,  
Kirby Strüssel  
Administrator - Korea/USA Simmudo Association*



GM Kim, Joung Song  
Demonstrating a Throw