



# KOREA/USA SIMMUDO ASSOCIATION

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## SUMMER NEWS - 2009



### SHUT UP & TRAIN

**This is a little bit of a frustrating topic for me personally when I am dealing with the “know it all” and “story time” martial artists.** I’ll first start off with a simple definition for each. The “know it all” martial artist is somebody attending class, usually a low to mid level ranking

student, that comes in with a lot of preconceived ideas about how techniques are performed and is not open to seeing variations that differ from what they think is right. The “story time” martial artist always has a story to tell, either in class or the locker room, about using their skills to make sure everybody knows how great a martial artist they are.

**Looking at the two I have an easier time dealing with the “know it all” students.** People falling into this category either have some previous training in a different style or a misconception on some things based off of media sources such as movies and television.

Those that have previous training, depending on how they were brought up in the martial arts, already are often times the easiest to deal with. With them I have found just explaining that **there are a lot of different ways to do the same thing.** That doesn’t mean every way but the way you have been taught to do it is wrong, it’s just different. The different variations are all going to have strengths and weaknesses to them. It really comes down to the individual circumstance what way of doing things is going to be the best choice.

People coming into the martial arts after developing ideas from movies and television can have a little more difficult time realizing why some things just don’t work. **What looks good on camera is not always the best way to do things in a sport or self-defense situation.** Film martial arts are done in a flashy way that will catch people’s eye in most situations, not necessarily in a realistic way. I’ve found constantly pushing the fundamentals and showing why the flash Holly-

wood techniques are maybe not the best idea has been the best way dealing with these students.

Now onto the “story time” martial artists. People like this are in my opinion worse than the “armchair” martial artists who can talk a good game but won’t even get on the floor or mat and work out with people. Most of the time these people have average or less than average skills. I can respect the fact that they are coming to class and working out. **It is very frustrating that they don’t seem to be getting some of the character development such as humil-**

**ity.** If a person is confident in who they are and what they can do they should not feel a need to talk about it all the time, especially when most of the stories involve fights with other people. My guess is most of the “story time” martial artists are not confident about who they are and what they can do. When dealing with them I try to ignore the stories, push them hard in class and try to lead by example by not talking about what I can do or have done. My hope is that in time these people will start to realize they don’t need to try and impress people by talking a big game about what they can do.



**Perseverance**  
Something that instructors need dealing with the “know it all” and “story time” martial artist.

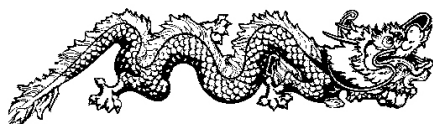
**Onto those of people reading this who may be either a “know it all” or “story time” martial artist.** Those that fall into the “know it all” martial artist category,

why are you taking lessons if you think you know how to do everything? My advice to you is to empty your cup. This means let go of those preconceived ideas and try to take in what your instructors are sharing with you. Those of you that may be a “story time” martial artist why are you getting yourself into these situations, or concocting these stories, and telling people about it? My advice to you is try to avoid those situations, or if they are not true stop making up stories, and quit talking about your exploits. **Finally since I consider myself old and grumpy, shut up and train, that’s why you’re at class.**

*Take care,*

*Kirby Strüssel*

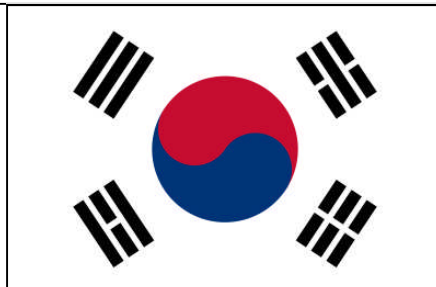
*Administrator - Korea/USA Simmudo Association*



### SYMBOLISM FOUND IN SOUTH KOREA’S FLAG



**The flag of South Korea, or Taegeukgi has three parts:** a white background; a red and blue taegeuk ("Yin and Yang") in the center; and four black trigrams, one in each corner of the flag. King Gojong proclaimed the *Taegeukgi* to be the official flag of Korea on March 6, 1883.



dered in red, in perfect balance. Together, they represent a continuous movement within infinity, the two merging as one.

**The four trigrams** originate in the Chinese book I Ching, representing the four Chinese philosophical ideas about the universe: harmony, symmetry, balance, circulation.

**The white background symbolizes** "cleanliness of the people."

**The taegeuk** represents the origin of all things in the universe; holding the two principles of "Yin", the negative aspect rendered in blue, and "Yang", the positive aspect ren-

**The general design of the flag** also derives from traditional use of the tricolor symbol (red, blue and yellow) by Koreans starting from the early era of Korean history.

