

NEWSLETTER



Issue 1

Spring/Summer
2024

Another Successful Black Belt Examination



Inside this Issue

- Our Newest Centre Opens
- Unlocking The Potential
- Words of Wisdom
- Tiger Corner
- Upcoming Events

Saturday 18th May saw Family Martial Arts Centres hold the first of our twice yearly Dan Shim Sa (Black Belt Test), and is one of our most important events of the year.

The test comprises of both a written exam and a practical exam where the candidates demonstrate to the Masters all the techniques, Hyungs (patterns) and self defences they have been learning since they first started their Martial Arts Journey all those years ago as well as having to spar several times including the challenging two-onto-one sparring with the existing Blackbelts.



These times tests saw around fifty students from 1st Gups all the way to those testing for their 3rd Dan take part in what due to the lovely weather outside was a hot and challenging few hours. For some students this was also a time where friends and family could come down and see the work and effort that they have all been putting in, in the Do Jang, over the past months and years.

At the end of the test the students got to perform their brick break where they ceremonially get to smash through the next stage of the Tang Soo journey with a stunning hammer fist or chop.

The Dan test was as usual combined with a seminar for all existing Cho, Ee & Sam Dans, (1st, 2nd & 3rd Dans), where Master Salter took them through several knife self defence techniques. These Seminars are free, and are a great way to get for existing Black Belts to get some extra practice, additional teaching, and a chance to learn

from Master Salter himself. These Black Belts then stayed on for the Dan Test where they helped & supported the Dan Candidates as they go through their tests. A big thank you to all Black Belts who attended on the day.



While it was a successful day for most of the candidates, it is not a pass for several students this time round. This is nothing to be ashamed of, and while they may be disappointed now, they will bounce back stronger, and with more practice in the Do Jang, they get the chance again at the next Dan Shim Sa in six months time.



Thursday 18th April marked the first classes of our the newest centre with the opening of the Denton Centre. Taking place in the Gibsons Dance Academy in Denton,

Instructor Mrs Marta Kelly, has opened up Family Martial Arts Centres, and the amazing art of Tang Soo Do to the residents and families of Tameside and Denton. With classes taking place on Thursday evenings, the centre has already gained a loyal following of both Tigers and Leadership students who have all now started on their Martial arts journey, and



are already working really hard towards their first Graduations this summer.

Mrs Kelly spoke of the journey she has had to make to get the centre set up and running.

"Well the hardest part was finding the right venue. It took a lot of research phone calls and emails, and after two months we were worried we would never find 'The One'. Although as usually happens through perseverance, we finally came across the Gibson's Dance Academy, and immediately knew it was exactly what we were looking for... Then came the hours of leafleting, purchasing of equipment, lesson planning and organising getting ready for the opening day on the 18th April 2024".

Denton had an amazing 18 people turn up to trial one of the classes on the first night, with many signing up soon after.



"The first day was very exciting and hectic with so many trialists coming through the doors, but it was an amazing feeling as we got to meet our new students for the first time. Some of them have signed up and are already referring their friends and others are working hard on encouraging someone to come with them next time".

For more information on our Denton Classes please contact Mrs Kelly on 07857 989516 or visit: www.northmanchesterfamilymartialarts.co.uk

We wish all the best for the future to Mrs Kelly and our new Denton Centre.

SAVE THE DATES: UPCOMING EVENTS

JUNE

2nd	Future Instructor Training	Bury Centre
8th	Senior Rank Advancement Training	Leyland Centre
15th	Graduation	Essa Academy

JULY

7th	Future Instructor Training	Bury Centre
17th	Senior Rank Advancement Training	Bury Centre

AUGUST

4th	Future Instructor Training	Bury Centre
14th	Senior Rank Advancement Training	Stockport Centre
17th	Graduation	Essa Academy

SEPTEMBER

1st	Future Instructor Training	Bury Centre
14th	Senior Rank Advancement Training	Leyland Centre
21st	Red belt seminar "Get ready"	Hindley Centre
28th	Seminar Weapons Bo Staff in the Dark!	Essa Academy

OCTOBER

6th	Future Instructor Training	Bury Centre
13th	Blackbelt Evaluation Day	Swinton Centre
16th	Senior Rank Advancement Training	Bury Centre
19th	Graduation	Essa Academy

NOVEMBER

3rd	Future Instructor Training	Bury Centre
6-7th	Ko Dan Ja Testing	Stanley House Hotel
16th	Black Belt Seminar and Testing	Essa Academy
30th	Family Awards Evening	Flixton Golf Club

DECEMBER

1st	Future Instructor Training	Bury Centre
14th	Graduation	Essa Academy

OTHER DATES AND EVENTS WILL BE ADDED AND SOME DATES AND LOCATIONS ARE SUBJECT TO CHANGE.



Unlocking the Potential

The benefits of Family Martial Arts Junior Instructor Programme for 7-12 year olds

In today's fast-paced world, parents are constantly seeking activities that not only keep their children physically active but also instil valuable life skills such as discipline, respect, and self-confidence and bringing your child to our martial arts classes helps with that.

However for some children it's not enough to just attend the classes, either because they need extra help building those attributes, or they are starting to excel and are in need of the next level. At Family Martial Arts Centres we understand this need and we introduced a groundbreaking initiative – the Family Martial Arts Junior Instructor Programme (JIT) for 7-12 year olds. This programme not only hones martial arts skills but also cultivates leadership qualities, fostering a sense of responsibility and empowerment in young participants. Let's delve into the myriad benefits this programme offers.

- Building Confidence and Self-Esteem**
 Participation in the JIT Programme empowers children to take on leadership roles within their martial arts and wider community. As they guide and assist their peers under the supervision of experienced instructors, they develop a sense of accomplishment and self-assurance. By mastering techniques and demonstrating them to others, children build confidence in their abilities, which extends beyond the DoJang into all aspects of their lives.
- Fostering Leadership Skills**
 The JIT Programme provides a platform for children to develop essential leadership skills from a young age. Through mentorship and guidance, junior instructors learn how to effectively communicate, motivate,

and inspire their peers. They take on responsibilities such as leading warm-ups, assisting in demonstrations, and providing guidance during drills. These experiences nurture their leadership potential, preparing them to excel not only in martial arts but also in various other endeavours.



- Enhancing Discipline and Focus**
 Discipline is at the core of martial arts training, and the Programme reinforces this fundamental principle. By assuming leadership roles, children learn the importance of discipline in both their actions and interactions with others. They understand the significance of focus and concentration in achieving their goals, whether it's mastering a new technique or guiding fellow students through a routine. These attributes translate into improved academic performance and better behaviour both at home and in school.
- Promoting Teamwork and Cooperation**
 Martial arts is not just about individual performance; it's also about working together as a team. The Junior Instructor Programme emphasises

the value of teamwork and cooperation. Junior instructors collaborate with their peers to plan and execute training sessions, fostering a sense of camaraderie and unity within the group. Through mutual support and encouragement, children learn to appreciate the importance of collaboration in achieving common objectives.

- Encouraging Lifelong Learning**
 Participation in the Programme instils a passion for lifelong learning in children. As they progress through the ranks and take on increasingly challenging roles, they develop a growth mindset that drives them to continually improve and expand their knowledge. The programme encourages them to set goals, strive for excellence, and persevere in the face of obstacles – valuable qualities that will serve them well throughout their lives.

The Family Martial Arts JIT Programme for 7-12 year olds offers a holistic approach to "martial arts" training, focusing not only on physical techniques but also on character development and leadership skills. By participating in this programme, children not only become proficient martial artists but also confident, disciplined, and empowered individuals ready to tackle the challenges of the future. It's more than just a martial arts class – it's a transformative journey towards unlocking their full potential.

For more information on our Junior Instructor Programme, or any of our other Instructor Programmes, please visit: www.moodokwan.co.uk/fit or speak with your Instructor.

Words of Wisdom

"Before Enlightenment, Chop Wood and Carry Water: Finding Meaning in Everyday Tasks"

The Zen saying

"Before enlightenment chop wood and carry water, after enlightenment chop wood and carry water"

is a reminder that enlightenment, or a deep understanding of the true nature of reality, does not change the ordinary tasks of daily life. We often think that once we have reached a certain level of spiritual understanding, our lives will be transformed and all our problems will disappear. But this saying reminds us that enlightenment does not change the fact that we still have to do the dishes, pay the bills, and take out the bins.

Before enlightenment, we may be consumed by the desire to reach a higher state of understanding. We may be so focused on our spiritual pursuits that we neglect the everyday tasks that make up our lives. We may think that these tasks are unimportant or that they are holding



us back from true enlightenment. But the saying reminds us that enlightenment is not something that we can attain by neglecting our responsibilities.

After enlightenment, we realise that the chores and responsibilities of daily life are just as important and meaningful as spiritual pursuits. We realise that the true nature of reality is not something that we can attain through spiritual practices alone. The true nature of reality is present in every moment of our lives, whether we are chopping wood or carrying water.

The saying emphasises the importance of living in the present moment and finding contentment and purpose in everyday tasks. It reminds us that enlightenment is not something that we can attain by seeking it, but rather something that we already have. We just need to open our eyes and see it.

In conclusion, the Zen saying "before enlightenment chop wood and carry water, after enlightenment chop wood and carry water" serves as a reminder that enlightenment is not something separate from our everyday lives. It reminds us that the true nature of reality is present in every moment, and that finding meaning and purpose in our everyday tasks is just as important as our spiritual pursuits. By embracing the present moment and living in the now, we can find true enlightenment in our everyday lives.



TIGER CORNER



TANG'S SUPER WORD SEARCH

A	W	D	A	T	T	E	N	T	I	O	N
H	L	E	T	C	S	F	I	E	B	G	C
F	I	W	L	T	A	N	G	J	I	N	U
B	S	Z	J	Y	E	V	N	K	B	D	N
K	T	Q	A	K	B	U	C	I	Q	E	I
G	E	W	E	I	F	B	Y	H	X	K	F
T	N	B	D	C	K	X	E	A	G	C	O
I	I	G	P	K	Y	H	A	P	O	M	R
G	N	W	A	D	C	I	B	E	L	T	M
E	G	R	R	E	S	P	E	C	T	F	H
R	K	E	F	P	B	G	E	V	A	F	E
H	D	A	B	L	O	C	K	G	J	C	Z

Can you find the following Martial Arts words in the grid?

ATTENTION
BELT
BLOCK
KICK
KIHAP
LISTENING
RESPECT
TANG
TIGER
UNIFORM

TANG'S SUPER TIGER QUIZ

1. What is a loud shout in Martial Arts called in Korean?
2. What is the name of our Martial Arts?
3. What is a back kick called in Korean?
4. What is our uniform called in Korean?
5. What is the room where we train called Korean?
6. What is our belt called Korean?

Answers - 1. Ki Hap, 2. Tang Soo Do, 3. Dwi Cha Gi, 4. Do Bok, 5. Do Jang, 6. Dee