



# MARTIAL ARTS FOR HEALTH & WELLNESS, LLC

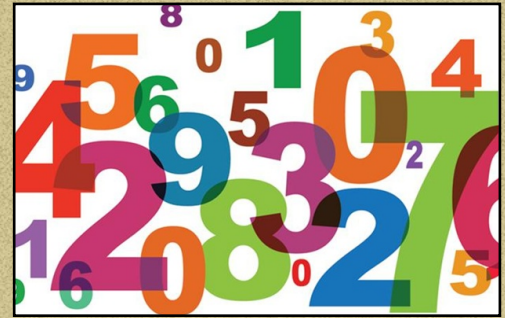
## January 2024 Newsletter



### Repetition = Reflex

“How many times should we do this?” This is one of the most common questions I hear from students when they start to practice a drill to develop a specific technique. The honest answer is thousands of times but we do not have that much time in one class. We do however have enough time to take a technique and work on making it become a reflex.

Through repetition a technique will become ingrained in the muscle memory and become a reflex. This along with proper execution should be the goal when teaching or learning new techniques. The minimum number of repetitions should be 10, which in fact is just enough to get a person warmed up with a new technique. After around 100 repetitions a person will usually remember the technique the next class. To become a reflex it will take around 1000 repetitions.



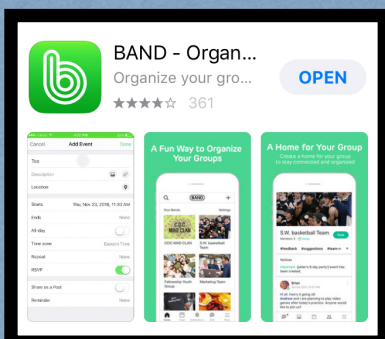
Variety in how the students practice the technique will help maintain interest while increasing the number of repetitions in each class. Take for instance front middle kick. Before even getting into the workout the motion of doing high knee lifts as a warm up can help prepare the students for the kick later in class. During basic movements the technique can be practiced moving up the floor. Any forms that have front middle kick in them are another opportunity for practice. Drill the kick by choosing a 1-step sparring technique using the front middle kick. Bag work and kicking targets are great opportunities to work on the technique with some physical resistance as opposed to just kicking the air. Coming up with combinations using front middle kick in them and using them during sparring drills. As a cool down practicing slow front middle kicks to work on balance and proper form.

These are just some basic ideas on how to take one technique and have students drill on it throughout class. This will help the students develop the muscle memory and be able to make the techniques a reflex.

Take care,

*Kirby Strissel*

Kwan Jang - Martial Arts For Health & Wellness, LLC  
Administrator - Korea/USA Simmudo Association



**Hey, join our 'Martial Arts For Health & Wellness, LLC' group on BAND - The app for groups and communities!**

<https://band.us/n/a9af9523f421t>

If you have not yet please download the BAND app to your smartphone. I will be using this as another communication method for updates about last minute changes that may affect class schedules. You can join the group at the above link.







## Symbolism Of The South Korean 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.

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



rendered 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 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.

## December 2023 Promotion Test Results

### 9th Gup White

Jimmy Chang  
Nelson Stille  
Harry Zhang

### Int. 9th Gup White

Ishaan Anavekar  
Caleb Banda  
Thomas Banda  
Salma Hashi  
Isabella Steffey-Brucki

### Adv. 9th Gup White

Norah Maurer

### Nov. 8th Gup Yellow

Arthur Mielke

### 7th Gup Yellow

Aanav Jayakar  
Aaryav Jayakar  
Bijal Jayakar  
Max Maurer  
Karlee Mielke

### Int. 7th Gup Yellow

William Kopieevskyi  
Charles Schotland

### Adv. 7th Gup Yellow

Dhruv Bathla  
Cyrus Choung  
Philip Kopieevskyi  
Shane Petersen  
Charles Wang  
Sophia Wang  
Wilson Wang

### Nov. 6th Gup Green

Laith Alasadi  
Rebecca Pessoa  
Ivan Petersen  
Jessica Thach

### 6th Gup Green

Theodore Li

### Int. 5th Gup Green

Jayden Batson  
Sylar Choung

### Adv. 5th Gup Green

Dalia Sharaf

### 4th Gup Blue Belt

Jameon Petersen

### 3rd Gup Blue

Casey Bockol  
Jordan Bockol  
Daniel Eton

### Int. 3rd Gup Blue

Catherine Li

### Nov. 2nd Gup Red

Dhara Kannan

### 2nd Gup Red

Khayyam Shuja

### Cho Dan Bo

Adrian Russi

Next Testing: March 14, 2024

