



May 2026 Newsletter

Change The Routine - Part 2

Last time we started to look at taking a skill set, kicking technique, and working on it in simple drills, 1-steps or on a target. The next week we would move into applying the technique in combinations with a partner. Once students are comfortable doing these controlled drills the next step is to try and apply the combinations and techniques that work for them in free sparring.

As individuals we will all have different techniques that “work” for us. We need to try and help each student find the techniques that “work” for them and apply them in their combinations. This does not mean that we should neglect the techniques that do not come as easily. Our goal should be to competent at all the techniques but take the ones that “work” for us and excel at them.

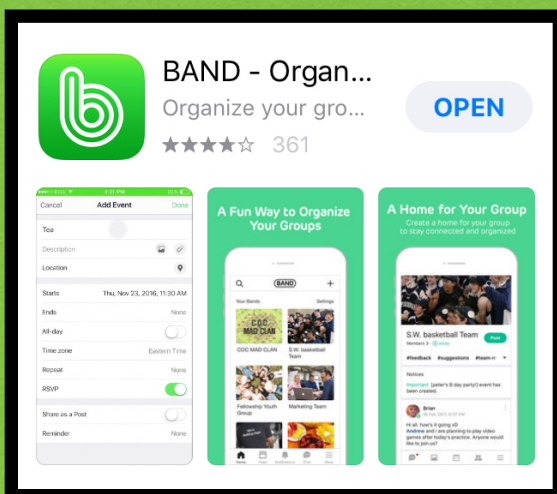
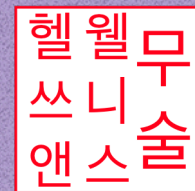
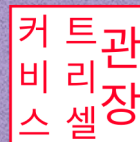
When it’s time to move away from the above example I may focus in more on forms (overall technique and application) or self-defense techniques for a few weeks. I will try to have my focus shift between the three broad categories of forms, sparring and self- defense. By doing this my goal is to help the students refine techniques in the hopes that they will take the information and work on applying it in future classes and their own private workouts.

Sometimes instructors will try to cover too much in one class. This does not allow the students to retain the finer details of whatever is being worked on if they are constantly changing to different activities throughout the class. By shifting the focus of the workouts from one area to another every few weeks we can work on building good foundations in forms, sparring and self-defense techniques.

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/a0abbf2489p8W>

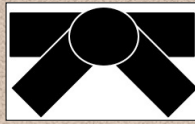
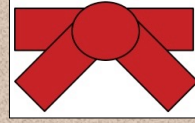
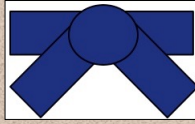
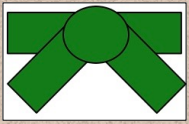
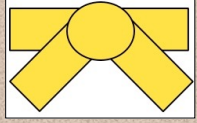
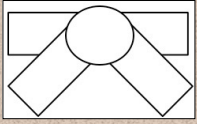
If you have not yet please download the BAND app to your smartphone. I will be using this as another communication method for updates about last minute changes that may affect class schedules. You can join the group at the above link.





Thursday June 11, 2026 Promotion Test

White Belts	5:00 PM
Yellow Belts	6:00 PM
Green & Blue	7:00PM
Red Belts	8:00 PM



There will be no regular class on test night for white, yellow, green and blue belts. Red and black belts can and should attend the red belt testing to assist with any red belts testing and prepare for future testing this evening.

If you have any questions contact Kirby Strissel.

BENEFITS OF MARTIAL ARTS

FOR KIDS



LISTENING

Your child will be able to practice their listening skills to develop better self-control, discipline, and values.

HAND-EYE COORDINATION

Hand-eye coordination is important in your child's early development. Martial arts provides plenty of opportunities to improve fine motor skills through techniques, obstacles, drills, and challenges.

SPEED, AGILITY & BALANCE

Speed, agility, and balance gives your child better body awareness and coordination.

MEMORY & FOCUS

Learning martial arts sharpens memory, focus, and retention skills. It also keeps kids mentally engaged.

SOCIALIZATION

Kids experience partner and team-oriented situations in class that helps develop strong communication skills.

GOAL SETTING

Goal-setting is an important skill for all kids to learn. Martial arts teaches both short-term and long-term goal setting in a fun and positive environment.

