



December 2022 Newsletter

Ways of Showing Respect in the Martial Arts

In traditional martial arts respect for oneself and others should be part of the training process. When one thinks about respect in the martial arts one probably thinks of bowing or saluting to the flags at the beginning and ending of class or bowing to an instructor or classmate. There are many other ways we can demonstrate respect for ourselves, others and our art. We are going to look at each of these in a little more detail below.

How does one show respect for oneself in the martial arts? Showing up and being ready to workout in a clean uniform is a good start. Have any patches or stripes that should be on the uniform or belt sewn on as soon as possible. You earned that patch or stripe that represents your rank so you should be presenting that to your instructor and classmates so everyone knows where they need to be lined up in class and what material you should be working on. Follow good hygiene practices such as keeping your finger and toe nails trimmed so they are not a problem in class.

When working out immerse yourself in your training. Try not to let thoughts unrelated to class distract you from what you are doing in the present. You are in class to improve yourself so now is the time to focus on you not things that happened earlier or may happen later. If we are honest most of us probably do not take enough time for ourselves. If you are attending class leave the outside distractions from work and home at the door while you take an hour or so for yourself.

How does one show respect or others in the martial arts? Standing at attention and actively listening when receiving instructions. Bowing to your instructor and saying, "Yes Sir," or "Yes Ma'am," after receiving instructions. Bowing to your instructor and classmates before and after beginning training. Shaking hands after working out with a partner is another additional way of showing respect after bowing to each other. Controlling your behavior so you are not being a distraction to your classmates or having the instructor take time away from teaching the group to redirect your actions. Talking out of turn, dancing around, and touching other people in line are just a few examples of how our behavior can be disrespectful to our classmates. Anything you would not like someone doing directly or indirectly to you should probably not be done in class. Try to conduct yourself how you want others to conduct themselves around you.

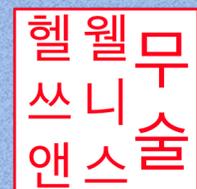
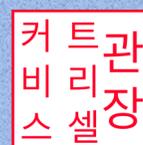
How does one show respect for their art? All of the little things we do when training pertain to the art. If the setup allows bowing or saluting before stepping onto the training floor and bowing or saluting to the flags at the start and end of class are two of the most common ways we can show respect for our art. Some behavior that is disrespectful and should be avoided is talking loudly or yelling, running around before class, touching equipment that is currently not in use, and moving forward just enough to hit or kick the wall during practice. Behavior like this shows a lack of respect for our art and self-control of one's actions. Try to treat everything you do like all eyes are on you and you want to set a good example.

My hope is these various ways we can show respect in the martial arts run parallel to how we act in other areas of our life such as home, school and work. By striving to be respectful in all areas of our life we can be a better person without too much effort. Treat yourself how you want others to treat you, treat others how you want others to treat you and treat everything you do like your are setting a good example for everyone watching you.

Take care,

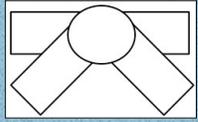
Kirby Strissel

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





Promotion Test Thursday December 15, 2022



White Belts

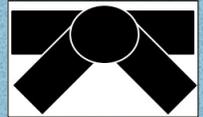
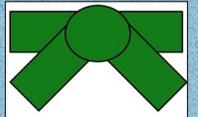
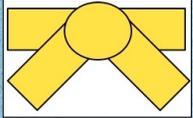
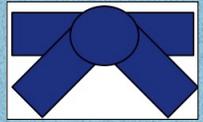
5:00 PM

Yellow Belts

6:00 PM

Green, Blue & Red Belts

7:00PM



There will be no regular class on test night. We will use this evening for those students that are testing. Feel free to attend another class earlier in the week if you normally just attend Thursdays.

If you have any questions contact Kirby Strissel.

BENEFITS OF MARTIAL ARTS

FOR WOMEN

STRESS RELIEF

Martial arts is a great activity to relieve stress from a busy lifestyle.

WEIGHT LOSS

Martial arts is a fun way to get in a full body workout that will help with weight loss, body conditioning, posture, balance and much more.

FAMILY TIME

Connect & spend time with your family in a fun & exciting environment.

SELF-DEFENSE

Learn empowering techniques to protect yourself while building confidence, strength, endurance and flexibility.

CARDIO HEALTH

Increase heart health and metabolism to boost your energy and improve recovery time.

SUPPORT SYSTEM

Network and build relationships with people who have a similar interest.

