



October 2022 Newsletter

Are We Hitting In Anger?

A while ago a student sent me an very good article. To very briefly sum the content up the author wrote about the idea of hitting a pillow in anger and how it is not a good idea because this reinforces that hitting when angry is an acceptable solution and teaches violence. In the martial arts are we then teaching violence by hitting targets and bags or doing sparring drills with somebody? If we come to class angry are we just reinforcing releasing our anger in a violent manner? I do not think so, if we are mindful of what we are doing while we are training.

I believe that even if someone is angry it can be beneficial to workout and hit a target or bag. The key is not to focus on what is causing the anger while hitting something but rather to focus on what you are doing. Martial arts practice should be a continuous effort to improve oneself physically, mentally and emotionally. If a person is focused on relaxing and using proper technique while hitting a target they should be letting go and not dwelling on whatever is causing them to be angry. Although we are training to develop skills to defend ourself if we need to the goal should not be to hurt somebody because you can. The goal should be improvement of those skills but to also be a good training partner in class and person outside of class.



Unfortunately with the popularity of MMA, Mixed Martial Arts, there are sometimes people who may have a wealth of skill but are not getting some of the other goals or benefits of the martial arts. I think the quote I have heard from multiple professional fighters that bothers me the most is something along the lines of, "I enjoy fighting because it's the only way I can hit somebody and not go to jail." To hear a person talk about wanting to hurt, destroy, or break their opponent is to me showing a lack of respect or compassion for that other person. By all means if you want to compete there are avenues for that but there should still be a respect and sportsmanship shown otherwise it really is no better than a sanctioned beating.

When we practice we are taking our body through the physical movements for whatever skill or drill we are working on. We need to be thinking about what we are doing and concentrating on correct form. Having a calm and relaxed emotional state one will be able to garner more from their training. We also need to genuinely care about the people we are working with. There is no room for anger in the martial arts. Although we may become angry or upset about something or someone we can use the martial arts to transform that negative emotion into a positive experience by changing our focus onto what we are doing at the time.

Take care,

Kirby Strissel

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





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.

September 2022 Promotion Test Results

9th Gup White
Meleece Orme

Int. 9th Gup White
Cyrus Choung
Richard Johnson
Jena Orme

Adv. 9th Gup White
Henry Lundstrom

Nov. 8th Gup Yellow
Ryan Sharaf
Jessica Thach
Michael Traynor III

8th Gup Yellow
Jayden Batson
Sylar Choung
Jaxon Sorensen

7th Gup Yellow
Devin Bill
Theodore Li

Int. 7th Gup Yellow
Kelvin Thach

Adv. 7th Gup Yellow
Kaelyn Bill

Nov. 6th Gup Green
Dalia Sharaf

6th Gup Green
Chanh Thach

5th Gup Green
Catherine Li

Adv. 5th Gup Green
Daniel Eton #2

Nov. 4th Gup Blue
Dhara Kannan

4th Gup Blue
Khayyam Shuja #2

Nov. 2nd Gup Red
Adrienne Howe

2nd Gup Red
Zackary Wallace

1st Gup Red
Benjamin Wallace

2nd Poom Dan
Lucien Strissel

Next Testing: December 15, 2022

